

Spaghetti Aglio E Olio

INGREDIENTS:

- 1 pound dried spaghetti (Gluten Free is fine)
 - Reserve $\frac{3}{4}$ cup of hot starchy pasta water
- $\frac{1}{2}$ cup good-quality olive oil
- 2 Tbsp of minced garlic (or 6-8 cloves sliced)
- $\frac{1}{2}$ teaspoon crushed red pepper flakes (more or less to taste)
- fresh or dried parsley
- Parmesan cheese

INSTRUCTIONS:

1. Bring a pot of generously salted water to a boil as you prepare your other ingredients.
2. As soon as your pot is boiling and you drop your noodles into the water, start a timer. Cook to just al dente.
3. At three minutes into cooking the noodles, heat your olive oil in a saute pan over medium heat. Add in your garlic and crushed red peppers. Saute for 3-5 minutes or until your garlic is just turning light brown. If you burn your garlic, start again. Burnt garlic is very bitter.
4. If the pasta is not ready to go by the time the garlic is ready, remove the pan from the heat so it doesn't burn.
5. Use tongs to transfer al dente pasta from the pot of water, into the saute pan with your garlic sauce. Add $\frac{1}{4}$ of a cup of the reserved hot starchy pasta water and toss continuously until evenly coated in the creamy garlic sauce. Keep adding water if needed to bring the sauce to a nice creamy texture (could take up to $\frac{3}{4}$ of a cup).
6. Add some parsley, salt, and pepper if needed. Garnish with parmesan.

Original recipe from:

<https://www.gimmesomeoven.com/spaghetti-aglio-e-olio/#tasty-recipes-71968>