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Creamy Garlic Lemon Pasta

Ingredients:

For the Pasta:

- 400 grams spaghetti
- Salt (for the pasta water)

For the Sauce:

- 1 bulb of garlic, sliced
- 1 lemon, zested and juiced
- 1 tablespoon olive oil
- 1.5 tablespoons unsalted butter
- 1 cup thickened cream (36% fat)
- Salt and pepper (to taste)
- 10 grams curly or flat leaf parsley (optional)
- Parmesan cheese (for grating, optional)

Instructions:

Prepare the Pasta:

1. Bring a large pot of salted water to a boil.
2. Add the spaghetti to the boiling water and cook for one minute less than the packet directions, or until al dente.

Make the Sauce:

1. Heat the olive oil and butter in a large pan over medium-high heat.
2. Add the garlic and fry gently for one minute, taking care not to brown it.
3. Stir in the lemon zest and juice, and cook for another minute.
4. Add the thickened cream and season with salt and pepper.
5. Bring to a light boil, then reduce heat to low and simmer until the sauce thickens.

Combine the Pasta and Sauce:

1. Transfer the al dente pasta directly from the pot to the sauce.
2. Stir in the parsley (if using).
3. Cook for one final minute to finish cooking the pasta and thicken the sauce.

Serve:

1. Remove the pan from the heat and serve the pasta in bowls or plates.
2. Garnish with reserved lemon zest, parsley, and grated Parmesan cheese.
3. Enjoy the creamy, flavorful pasta!

Tips:

- Use a microplane to mince the garlic if desired.
- Use a julienne peeler to cut the lemon zest into strips.
- Add red pepper flakes to the sauce for a touch of heat.
- Serve with a side salad or crusty bread.