

Savory Spaghetti Aglio e Olio

Ingredients:

12 oz spaghetti

1/2 cup extra-virgin olive oil

6 cloves garlic, thinly sliced

1 teaspoon red pepper flakes (adjust to taste)

1/2 cup chopped fresh parsley

Salt for pasta water and to taste

Grated Parmesan cheese for serving (optional)

Instructions:

Cook the Spaghetti:

Cook the spaghetti in a large pot of generously salted boiling water until al dente, according to the package instructions. Reserve some pasta water (about 1/2 cup) before draining the pasta.

Prepare the Sauce:

While the pasta cooks, heat the olive oil in a large skillet over medium heat. Add the sliced garlic and red pepper flakes to the skillet. Cook for about 2-3 minutes, stirring frequently, until the garlic is lightly golden and fragrant. Be careful not to let the garlic brown too much.

Combine the Pasta and Sauce:

Transfer the cooked spaghetti to the skillet using tongs or a pasta fork. Toss the spaghetti in the garlic-infused oil to coat it evenly.

Add Parsley and Pasta Water:

Add the chopped fresh parsley to the skillet and a splash of the reserved pasta water. Toss everything together to emulsify the oil and water, creating a light sauce that coats the spaghetti.

Adjust Seasoning and Serve:

Season with additional salt if needed.

Serve the spaghetti Aglio e Olio immediately, topped with grated Parmesan cheese if desired.