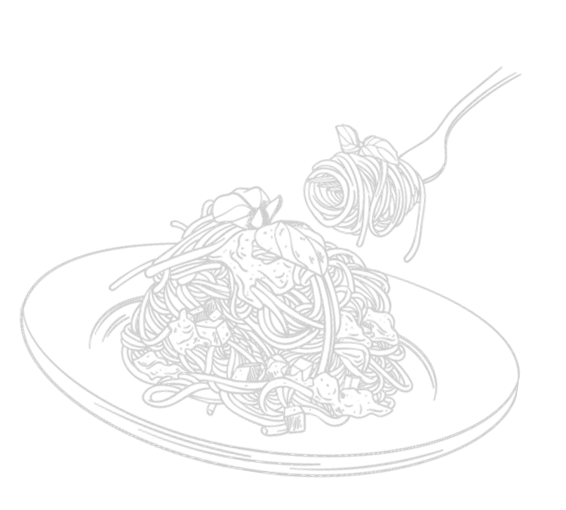
Tomato BasilPastasSERVINGS: 2PREPPING TIME: 15 MINCOOKING TIME: 30 MINThe skewer originates in the Middle East and from there spread to the Mediterranean basin through the Ottoman conquests. The Greek version of grilled meat skewers called "souvlaki" is a dish closely related to street food. This recipe, which I created during my travels in Greece, is a twist on that quick and hearty popular dish. I chose to pair the beef with peppers, and cook everything on the grill, to evoke the authentic flavors of the heart of the Mediterranean diet.Ingredients200 grams spaghetti2 tablespoons olive oil2 cloves garlic, minced1 can diced tomatoes1/2 teaspoon salt1/2 teaspoon pepper1/2 cup fresh basil leaves, chopped1/2 cup grated Parmesan cheeseDirections• Cook spaghetti according to package instructions. Drain, reserving 1 cup of the pasta water.• In a skillet, heat olive oil. Sauté garlic until fragrant, then add tomatoes, salt, and pepper. Cook until sauce thickens.• Add the cooked spaghetti to the skillet, tossing to combine, and adding reserved pasta water if needed.• Off the heat, garnish with basil and Parmesan. Serve immediately.Nutritional Information• Nutritional information here.• Nutritional information here.• Nutritional information here.• Nutritional information here.• Nutritional information here.• Nutritional information here.• Nutritional information here.• Nutritional information here.• Nutritional information here.Tips & Techniques• Cook spaghetti according to package instructions. Drain, reserving 1 cup of the pasta water.• In a skillet, heat olive oil. Sauté garlic until fragrant, then add tomatoes, salt, and pepper. Cook until sauce thickens.• Add the cooked spaghetti to the skillet, tossing to combine, and adding reserved pasta water if needed.• Off the heat, garnish with basil and Parmesan. Serve immediately.



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