



**SPAGHETTI
AGLIO OLIO E
PEPERONCINO**

*is a traditional Italian pasta
dish from Naples*

INGREDIENTS

150 gms Spaghetti

45 mL Extra virgin olive oil

15 gm Garlic

10 gm Small fresh red chilies
or dry red chilli flakes

30 gm Parmesan cheese
(Optional)

15 gm Parsley


5 gm Salt

5 gm Pepper



METHOD

1. Put a pot of salted water on to boil.
2. Put the oil, sliced or chopped garlic and red chilies in a large deep pan set over medium-high heat, and cook until the garlic is translucent and golden, 2 to 3 minutes.
3. Add the parsley to the pan, and turn off the heat.
4. Meanwhile, cook the pasta until it is al dente, nearly but not quite done and still a bit chalky in the middle.



METHOD

5. Drain, and reserve 1 cup of the cooking liquid.

6. When the oil has cooled for a couple of minutes, add 1/2 cup of the pasta cooking water, and reduce over high heat by about half.

7. Add the pasta, and stir vigorously as it continues to cook. Add the reserved pasta water a bit at a time as necessary to finish cooking the pasta, and develop the thickened sauce.

8. Season with salt, and serve with freshly grated Parmesan (optional).

