

Simmonds Tyres

BRIDGESTONE



SPAGHETTI AGLIO OLIO E PEPERONCINO (SPAGHETTI WITH GARLIC, OIL & CHILLI)

Ingredients

1 x packet spaghetti
6 x cloves garlic
1 tsp chilli flakes (see note)
1/2 cup olive oil
Salt & pepper
Parmesan cheese (grated)

Note: if you prefer you can use a fresh red chilli chopped finely which will give it a lot more grunt - but only do it if you REALLY like spicy chilli flavour! If you're a real baby with spicy food, only use 1/2 tsp of the chilli flakes and add more to taste.

Method

Put a large pot of water on to boil. While you're waiting for that, chop the garlic cloves finely and fresh chilli if using. Add the garlic and chilli (fresh or dried) and heat oil slowly. Remove from heat as soon as garlic is just starting to brown - be very careful here as if it goes too dark it doesn't taste nice. It's a good idea to taste here to make sure that it's got enough chilli flavour. You can always add more but can't take it away!

When the water is boiling, add 2 tsp salt (rule of thumb - the water should taste like the sea). Add your spaghetti and cook until it's still chalky in the middle (a couple of minutes shy of what you would normally cook it for). Take 1 cup of the cooking water and set aside, then drain the pasta.



Return the pasta to the pot, add the chilli & garlic and mix thoroughly. Heat slowly and add the 1 cup of leftover water bit by bit, stirring continuously. The pasta will absorb the water giving you a perfect result when you're done.

Season with salt & pepper, and serve with grated parmesan cheese and a sprinkling of chopped parsley if liked.