

Spaghetti Aglio e Olio

Classic Italian Spaghetti Aglio e Olio with garlic, olive oil & red pepper flakes. Simple 15-minute pasta recipe with authentic Neapolitan flavors.

1	15	16	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 14 oz pasta
- 6 clove garlic
- 1 cup olive oil
- 1 cup parmesan cheese
- 1 tsp chili flakes
- 1 tsp salt
- 1 tsp black pepper
- 1 cup parsley

Instructions

- 1 Prepare the pasta water**

Fill a large pot with water and add 1 teaspoon of salt. Bring to a rolling boil over high heat.
- 2** Add the 14 oz spaghetti to the boiling water and cook according to package directions minus 1-2 minutes, stirring occasionally to prevent sticking.
- 3** Reserve 1 cup of the starchy pasta cooking water in a measuring cup before draining the pasta.
- 4 Make the garlic oil**

While pasta cooks, thinly slice all 6 garlic cloves. Heat 1 cup olive oil in a large skillet over medium-low heat.
- 5** Add the sliced garlic to the warm oil and cook slowly until golden and fragrant, about 2-3 minutes, stirring frequently to prevent burning.
- 6** Add 1 teaspoon red pepper flakes to the garlic oil and cook for 30 seconds until fragrant and the oil sizzles gently.
- 7 Combine pasta and sauce**

Add the drained pasta directly to the skillet with the garlic oil and toss vigorously with tongs for 1 minute to coat evenly.
- 8** Add 1/4 cup of the reserved pasta water and continue tossing until the pasta is glossy and the sauce clings to each strand, about 1-2 minutes.
- 9** Remove from heat and season with 1 teaspoon salt and black pepper to taste. Add more pasta water if the sauce seems too thick.
- 10** Stir in 1 cup fresh parsley and serve immediately in warmed bowls.

Tips

Use the finest extra virgin olive oil you can afford, as it's the star ingredient. Cold-pressed oils from Italy or California work beautifully.

Slice garlic thin and evenly to ensure uniform cooking. Never let it brown or burn, as this creates bitter flavors that will ruin the dish.

Save pasta water before draining – its starch content helps create a silky sauce that binds the oil and garlic to the pasta.

Cook pasta 1-2 minutes less than package directions, as it will finish cooking in the pan with the garlic oil.

Add red pepper flakes to taste – start with 1/4 teaspoon and increase gradually. You can always add more heat but can't take it away.

Toss the pasta vigorously in the pan to emulsify the sauce properly. This technique creates the creamy consistency without cream.

Fresh Italian parsley is essential – don't substitute dried herbs, as they lack the bright flavor needed to balance the richness.

Serve immediately on warmed plates to maintain the sauce's silky texture and prevent the oil from congealing.