

B+

30 min

05/2019 "Good but easy on the heat."

## Pasta Aglio e Olio from "Chef"

Good + Quick

From Binging with Babish on YouTube (<https://bit.ly/2jXQVvc>)

Watch the video!



### \*Ingredients\*

- 1/2 head garlic, separated and peeled — maybe 5-6 cloves
  - 1 bunch parsley, rinsed
  - 1/2 cup good quality olive oil
  - 1 tsp red pepper flakes — scant, not rounded!
  - 1/2 lb dry linguine
  - 1/2 lemon
- spaghetti won't be as good.

### \*Method\*

Heavily salt a large pot of water, and bring to a boil. Cook pasta to al dente while completing the steps below.

Slice the garlic cloves thinly, and set aside. Pick the parsley leaves from their stems, and finely chop. Add olive oil to a large sauté pan, and heat over medium flame until shimmering. Add sliced garlic, stirring constantly, until garlic is barely toasted. Add the red pepper flake and remove from heat.

Add the pasta, drained, with about 1/4 cup reserved pasta cooking water. Add lemon juice and parsley, and toss to combine. Season for salt and pepper, and serve.

can remove w/ tongs to save water in pot.  
Or  into before draining.