

Aglie olio con peperoncino - Garlic, oil and chilli spaghetti

Takes 15 minutes, serves 2 and uses a large saucepan and a frying pan.

INGREDIENTS

200g wholewheat dried spaghetti
3 tablespoons good quality extra virgin olive oil
2 garlic cloves, crushed under a knife and peeled
1 red chilli, sliced
Salt and pepper
1 tablespoon chopped parsley
Parmesan or Pecorino to serve

DIRECTIONS

Bring a large saucepan of water to the boil and add a good slug of salt. Add the pasta, cook according to the timings on the pack, keeping some of the pasta water when you drain it.

Heat the oil in a frying pan over a low heat. Add the crushed garlic cloves and cook for 5 minutes, watching that they become golden on the edges, but take care they don't burn. Turn them over once whilst cooking.

Remove the garlic cloves from the pan, then add the sliced chilli, the cooked pasta, 4 tablespoons of the pasta water and the parsley. Stir it around until well mixed.

Serve on plates, topped with freshly ground salt and pepper, plus as much of the cheese as your heart desires.

