



# Spider Demo Kitchen

## Spaghetti Aglio e Olio

yield: 4-6 servings

### Ingredients:

- 1 lb Uncooked spaghetti
- 6 cloves Garlic, thinly sliced
- 1/2 cup Olive oil
- 1/4 tsp Red pepper flakes
- 1/4 cup Fresh Italian parsley, chopped
- 1 cup Parmesan cheese, grated
- Kosher salt, Black pepper to taste



### Instructions:

1. Bring large pot of salted water to a boil. Cook spaghetti in water, about 12 minutes or until al dente (firm to the bite). Reserve 1/2 cup pasta water. Drain and transfer to a large bowl.
2. Combine garlic and olive oil in a skillet. Cook over medium heat, slowly toasting garlic for about 10 minutes. Reduce heat to medium low when olive oil begins to bubble. Remove from heat. Carefully add in reserved pasta water.
3. Stir red pepper flakes, salt, and black pepper into the pasta. Pour in olive oil and garlic over hot pasta, sprinkle parsley and half of cheese, toss until combined.
4. Serve pasta with remaining Parmesan.

**UR Dining**

Tip: add a grilled chicken breast for extra protein, or add veggies like kale, spinach, zucchini, tomatoes for extra flavor!



# Spider Demo Kitchen

## Spaghetti Aglio e Olio

yield: 4-6 servings

### Ingredients:

- 1 lb Uncooked spaghetti
- 6 cloves Garlic, thinly sliced
- 1/2 cup Olive oil
- 1/4 tsp Red pepper flakes
- 1/4 cup Fresh Italian parsley, chopped
- 1 cup Parmesan cheese, grated
- Kosher salt, Black pepper to taste



### Instructions:

1. Bring large pot of salted water to a boil. Cook spaghetti in water, about 12 minutes or until al dente (firm to the bite). Reserve 1/2 cup pasta water. Drain and transfer to a large bowl.
2. Combine garlic and olive oil in a skillet. Cook over medium heat, slowly toasting garlic for about 10 minutes. Reduce heat to medium low when olive oil begins to bubble. Remove from heat. Carefully add in reserved pasta water.
3. Stir red pepper flakes, salt, and black pepper into the pasta. Pour in olive oil and garlic over hot pasta, sprinkle parsley and half of cheese, toss until combined.
4. Serve pasta with remaining Parmesan.

**UR Dining**

Tip: add a grilled chicken breast for extra protein, or add veggies like kale, spinach, zucchini, tomatoes for extra flavor!