Spaghetti Aglio e Olio

Method

Watch the video in sign language [here].

- Boil the spaghetti in a pot full of boiling salted water. Cook for 1 minute less than the instructions on the package.
- While the pasta is cooking, prepare the sauce.
- Place a wide pan over low heat.
- Add the olive oil and garlic. The heat needs to be low so that the olive oil doesn’t burn and the garlic has enough time to infuse it with its aroma.
- Add the chili flakes (1-4 pinches, depending on your tastes), fresh thyme and freshly ground pepper. Stir.
- As soon as the garlic starts to turn golden, your sauce is ready. Add 2 tablespoons of the boiling pasta water and stir.
- Drain the pasta and add them to the pan. Toss to coat.
- Remove from heat. Add the parsley, basil and parmesan.
- Set them aside for 5 minutes, until they soak up the sauce.
- Season to taste and serve with extra grated parmesan and basil leaves.

Ingredients

- 1 package spaghetti no. 5
- 80 ml extra virgin olive oil (up to 100-120 ml)
- 6 cloves of garlic, thinly sliced
- 5 sprigs thyme, only the leaves, finely chopped
- pinch of chili flakes or 1 hot chili pepper, crushed
- a generous amount of fresh parsley or fresh basil
- 1 cup parmesan cheese, grated + extra for serving
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per 100 gr.

<table>
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<tr>
<th></th>
<th>207 Calories (kcal)</th>
<th>9.0 Total Fat (g)</th>
<th>2.8 Saturated Fat (g)</th>
<th>23.0 Total Carbs (g)</th>
</tr>
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<tbody>
<tr>
<td>%</td>
<td>10%</td>
<td>13%</td>
<td>14%</td>
<td>9%</td>
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<thead>
<tr>
<th></th>
<th>1.2 Sugars (g)</th>
<th>7.6 Protein (g)</th>
<th>1.7 Fibre (g)</th>
<th>0.17 Sodium (g)</th>
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</thead>
<tbody>
<tr>
<td>%</td>
<td>1%</td>
<td>15%</td>
<td>7%</td>
<td>3%</td>
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