



Spaghetti Aglio, Olio e Peperoncino

The simplest recipes are often the favourites, hardly recipes at all. Spaghetti aglio, olio e peperoncino is another of my super simple favourites for those nights when you need something tasty but really don't feel like cooking. Spaghetti tossed with olive oil, garlic and chilli – it sounds too simple, but it's so delicious! Add a little more dried chilli flakes if you like it really spicy.

Serves 4



INGREDIENTS

- 500g spaghetti (1lb 2oz)
- $\frac{3}{4}$ cup extra virgin olive oil (80ml)
- 3 cloves garlic, crushed
- $\frac{1}{2}$ teaspoon dried chilli flakes, to taste
- Salt flakes, to taste
- $\frac{1}{2}$ cup finely chopped flat-leaf parsley
- Freshly grated Parmigiano-Reggiano or Grana Padano, for serving

METHOD

1. Boil spaghetti in a large saucepan of well-salted water, using 10g salt/litre water ($\frac{1}{3}$ oz salt/2 pints water).
2. Meanwhile, place oil, garlic, chilli flakes and a good pinch of salt in a large, high-sided frying pan over medium heat and cook for about 5 minutes, stirring often, until garlic is translucent. Remove from heat, cover and set aside until spaghetti is cooked.
3. Return frying pan to heat. Using tongs, lift spaghetti out of the boiling water into the pan, add about $\frac{1}{2}$ cup of the cooking water and toss well to combine.
4. Add parsley and toss again.
5. Serve in warmed flat bowls sprinkled with cheese.