

# SPAGHETTINI AGLIO OLIO

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## INGREDIENTS

<b>500g</b>	spaghettini. Choose a good quality band with a rough texture.
<b>2 tbs</b>	table salt for the pasta water
<b>8</b>	birds eye red chillies, sliced
<b>5</b>	cloves garlic, chopped
<b>½ bunch</b>	flat leaf parsley, washed and chopped finely. Use the stem & leaf.
<b>250ml</b>	olive oil
-	Sea salt and fresh black pepper
<b>200g</b>	Pamigiano Reggiano cheese

## METHOD

1. Bring a large pot of water to the boil. Add the salt to be salty like the sea.
2. Add the spaghettini and cook ½ way, only for about 4 minutes.
3. Reserve 1 cup of the pasta water then strain out the spaghettini.
4. Now cook the sauce.
5. In a heavy based saucepan, add the oil and sauté the chilli and garlic briefly.
6. Add the pasta water then add the semi cooked pasta and parsley. Stir and flip vigorously to emulsify the oil, pasta water and the pasta. The sauce should be velvety and smooth.
7. Season with pepper and check for salt. The pasta water may provide enough seasoning.
8. Grate over a generous amount of Pamigiano cheese.
9. Serve immediately.