



## SPAGHETTI AGLIO E OLIO

(Bradley Wright, Durban campus).

### INGREDIENTS

- \* 400g-500g dried spaghetti
- \* 2 red chillies, deseeded and cut at a 45-degree angle
- \* 1 large clove of garlic, very thinly sliced
- \* 10g parsley, very finely chopped
- \* 30g grated Parmesan cheese

- \* 45ml olive oil

### METHOD

- 1 Get a pot of water on the boil and add some salt. (Chef's tip: it should taste like the ocean!)
- 2 It all happens very quickly, so make sure you have all your ingredients ready.

**3** In a frying pan add 40ml olive oil and the garlic, heat up the pan slowly to allow the garlic to toast in the olive oil until it's a light golden-brown colour. Add  $\frac{3}{4}$  of your sliced red chillies and fry them off. Add the pasta to the water and boil until al dente. Once the pasta is cooked, drain and add to the frying pan, along with about 20ml of the pasta water, and toss. Add half the Parmesan and  $\frac{3}{4}$  of the chopped parsley. Taste and check seasoning, adding salt and pepper if needed. Garnish with the remaining, chilli, parmesan and chopped parsley.

**CHEF'S TIP:** Don't you hate how difficult it is to accurately judge how much pasta to cook? Get it wrong and you either end up with not enough to go round or a mountain of cooked pasta leftover. You must also factor in all the different shapes and sizes of pasta. Here's the pasta per person rule. Dried pasta - 80g to 100g per person; fresh pasta - 115g to 150g per person and for filled pasta like ravioli or panzerotti, around 175g to 200g.