

# Pasta and Pizza

## Gluten Free Spaghetti Aglio e Olio

The name is simple ("Spaghetti with Garlic and Oil"), the preparation a breeze and the results are simply magnificent. In this traditional and timeless Italian production, you toss hot pasta with lots of garlic sautéed in extra-virgin olive oil, seasoned with a little crushed red pepper and finished with grated pecorino romano cheese. Serve with a mixed salad, crusty bread and your favorite light red wine.

Serves 4

### Ingredients:

1 Gillian's spaghetti  
5 tablespoons extra-virgin olive oil  
8 large garlic cloves, minced  
1/4 teaspoon crushed red pepper (optional)  
1/2 cup chopped Italian parsley leaves  
1/2 cup grated pecorino romano cheese  
sea salt, to taste  
ground pepper, to taste

### Instructions:

Bring a large pot of salted water to a boil; add spaghetti and cook until al dente. Reserve 1/3 cups of the pasta cooking water.

Meanwhile, combine the olive oil, minced garlic and crushed red pepper in a pot or pan large enough to hold one pound of cooked pasta and slowly sauté together over medium heat until the garlic begins to lightly brown (approximately 5 minutes). Be very careful not to burn the garlic as it will turn bitter. If the garlic has browned before the pasta has finished cooking, remove it from the heat and keep it warm.

When the pasta is finished, reheat the oil, if necessary, drain the pasta and add it to the oil with the reserved pasta water. Add most of the chopped parsley, 1/2 the cheese, and the salt and pepper and mix well with a wooden spoon.

Transfer the pasta to a serving plate or bowl, top with the remaining parsley and pecorino romano cheese and serve immediately.

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