



# Garlic Spaghetti

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
2-3 People	5 MIN	15 MIN		10

Garlic spaghetti is a simple and classic pasta dish made with garlic, olive oil, and a few basic ingredients. It's light, flavorful, and perfect for quick meals when you want something delicious without much effort. This easy recipe highlights the bold flavor of garlic and pairs perfectly with a variety of dishes. Whether served on its own or as a side, garlic spaghetti is always a satisfying choice.

## Ingredients

- 8 oz spaghetti
- 4 garlic cloves, thinly sliced
- 3 tablespoons olive oil
- Salt to taste
- ½ teaspoon chili flakes (*optional*)
- 2 tablespoons fresh parsley, chopped
- Optional: grated parmesan cheese

## Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 15 minutes
- Total Time: 20 minutes
- Servings: 2-3
- Course: Main / Pasta
- Cuisine: Italian-inspired

## Cooking Method

---

### Instructions

1. Cook spaghetti according to package instructions until al dente.
2. Reserve  $\frac{1}{4}$  cup pasta water, then drain.
3. Heat olive oil in a pan over medium heat.
4. Add garlic and cook for **1-2 minutes** until fragrant (do not burn).
5. Add chili flakes if using.
6. Add cooked spaghetti and toss to combine.
7. Add a splash of pasta water to loosen the sauce.
8. Season with salt and mix well.
9. Remove from heat and add parsley.

10. Serve with parmesan if desired.

### Cooking Tips

- Cook garlic gently to avoid bitterness
- Use pasta water to create a silky sauce
- Do not overcook pasta

### Variations

- Add shrimp or chicken
- Add lemon zest for freshness
- Use roasted garlic for a milder flavor
- Add vegetables like spinach or mushrooms

### What to Serve with Garlic Spaghetti

- Garlic bread
- Salad
- Grilled chicken or seafood

- Roasted vegetables

## Storage

Store in an airtight container in the refrigerator for up to **2-3 days**.

## Reheating

Reheat in a pan with a little oil or water.

## Frequently Asked Questions

### Can I use other pasta types?

Yes, any pasta works.

### Why is my garlic bitter?

It may have been overcooked.

### Can I make it vegan?

Yes, skip the cheese.

### Recipe Author

**Mary Thompson**

Generated on: Jul 11, 2026 02:53

Downloaded from [iheartgarlic.com](https://iheartgarlic.com)

