

recipe



Local service...National scale

Spaghetti with Olive Oil & Garlic -vegetarian

Enjoyable on its own or as part of a main meal, its tasty and good for you.

Ingredients

350 g spaghetti
2 garlic bulbs
8 tbsp extra virgin olive oil
50 g baby spinach
50 g grated parmesan cheese
Salt and freshly ground black pepper

SERVES	4
PREPARATION TIME	15 minutes
COOKING TIME	10 minutes

EACH SERVING CONTAINS

Calories:	451kcal	23% GDA
Sugar:	3g	4% GDA
Fat:	18g	26% GDA
Saturates:	2.5g	13% GDA
Salt:	0.05g	1% GDA

GDA - Guideline Daily Amount

Method

1. Cook the spaghetti in boiling salted water according to pack instructions.
2. Meanwhile, crush 4-6 large garlic cloves and stir into the olive oil, then add lots of freshly ground pepper.
3. Drain the pasta well and toss with the garlic oil, then throw in a handful of freshly chopped baby spinach or watercress and serve the spaghetti with some freshly grated parmesan cheese.