Spring Aglio e Olio



https://www.notanothercookingshow.tv/post/spring-aglio-e-olio

Ingredients: Serves 2-3 - If serving a full pound of spaghetti, just add more vegetables and finish the pasta in a big pot rather than a pan so it is easier to make the sauce.
● 1/2lb of dried Spaghetti ● 3-4 large garlic cloves, sliced thin ● 1/4 Cup of Olive Oil (or more as needed) ● Half a bunch of Asparagus ● A handful of Green Beans ● A handful of Baby Swiss Chard (Can use baby kale, spinach) ● Red Pepper flakes (To taste) ● Salt ● Starchy Pasta Water ● Optional Garnish of Pecorino Romano Cheese

Directions
1. In a smaller pot, fill it up with water and get it on the stove and bring to a boil. 2. Snap off the hard ends of the asparagus and the green beans. 3. Next, slice the garlic thinly. 4. By now the water should be boiling. Salt it, lighter than you would a big pot of water. Then drop the pasta. If you want to be precise about it, you can time this process on your phone. My spaghetti cooks to al dente in 10 minutes so I want to pull the pasta at 9 minutes and finish it in the pan. I get my largest pan on the stove on medium-high heat and let that heat up for about 2 minutes, making sure not to overheat the pan. I'm guessing my asparagus and

green beans are going to take 8 minutes to cook depending on their size so I'll get those in the pan first with some olive oil. When the timer says 4-5 minutes, add a little more oil if needed, the garlic and the red pepper flake. Continue cooking on high heat, adjusting the heat as necessary. Add the swiss chard at around 3 minutes and let that wilt for a minute then add some of the pasta water. When the timer gets to under 1 minute and the pasta is just under Al Dente, add the pasta straight to pan with the pan, add a few ladles of the pasta water and begin to stir and agitate the pasta, using that tossing and agitation to emulsify the oil and the starchy water to help form a sauce that is creamier and less oily. Turn the heat back on now. The pasta will continue to absorb the sauce so you may need to add more oil and pasta water as needed but that is up to you as you are cooking this. There is no right or wrong, whatever you see happening will require adjustments by you at that moment.

5. Once the pasta is al dente and the sauce is emulsified, serve in bowls immediately. If you like it with cheese, use pecorino Romano.