



Anchovy Pasta Recipe



2 Servings



15 minutes

Ingredients :

- Spaghetti
- Anchovy fillets packed in oil
- Olive oil
- Garlic cloves
- Red pepper flakes
- Fresh parsley
- Salt
- Black pepper



Instructions :

1. Bring a large pot of salted water to a boil and cook the spaghetti until al dente according to package instructions .
2. While the pasta cooks , heat olive oil in a wide pan over low heat and add minced garlic .
3. Add anchovy fillets to the pan and gently stir until they dissolve into the oil.
4. Sprinkle in red pepper flakes and cook for another minute , keeping the heat low to avoid burning the garlic .
5. Drain the pasta , reserving a small amount of pasta water , and add the spaghetti directly to the sauce .
6. Toss well , adding a splash of reserved pasta water if needed to loosen the sauce .
7. Season lightly with black pepper and salt if needed , keeping in mind the anchovies are already salty .
8. Remove from heat and garnish with freshly chopped parsley before serving .