



Spicy Seafood Aglio Olio



2 Servings



20 minutes

Ingredients :

- Spaghetti
- Shrimp peeled and deveined
- Calamari rings
- Garlic cloves sliced
- Olive oil
- Red chili flakes
- Salt
- Black pepper
- Fresh parsley chopped
- Lemon zest



Instructions :

1. Boil spaghetti in salted water until al dente, then reserve some pasta water and drain the rest.
2. Heat olive oil in a large pan over low heat and gently cook the sliced garlic until fragrant but not browned.
3. Add red chili flakes and stir briefly to infuse the oil with heat.
4. Increase heat slightly and add shrimp and calamari, cooking until shrimp turn pink and calamari become tender.
5. Add cooked spaghetti to the pan and toss well to coat with the garlic oil.
6. Splash in a little reserved pasta water if needed to loosen the sauce.
7. Season with salt and black pepper, then toss again until everything is well combined.
8. Remove from heat and finish with fresh parsley and lemon zest before serving.