



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 .