

Aglie e Olio Pasta

Oh Mamma! Pasta with garlic and olive oil (Aglie e Olio) is on the menu. It's the "Mother Sauce." This simple sauce will make just about anything you add into the pasta taste better.

I've chosen mushrooms and peas for this version. Enjoy!

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep all ingredients before you start cooking. An organized cook is a happy cook!

Pasta and Vegetables

2 quarts water
2 C. uncooked penne pasta
1 tsp. canola oil
6 medium mushrooms (washed and sliced in 1/4" slices)
1 tsp. olive oil
1/2 C. frozen peas
1/4 C. water
3 T. shredded Parmesan

Salad and Dressing

Ingredients for a green salad

Quick, Honey/Mustard Dressing:

2 T. olive oil
3 T. Balsamic vinegar
1 tsp. prepared mustard
1 tsp. honey
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/3 C. low-sodium vegetable broth

Aglie e Olio Sauce

2 T. good olive oil
4 cloves garlic (smashed and chopped)
4 green onions (chopped)
1/3 C. low-sodium veggie broth
1/4 C. pasta cooking water (see instructions)
1/4 C. fresh basil (chopped)
Optional: pinch of red pepper flakes

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

The Aglio e Olio or “Mother Sauce,” is made in the final step. The whole dish goes together in about 15 minutes once you're prepped. You can start browning mushrooms while you wait for the pasta water to boil.

Pasta and Vegetables

Pasta:

1. Place 2 quarts of water on to boil in a large saucepan.
2. Drop dry pasta into boiling water and cook until tender. (About 8 minutes. Set a timer and test for desired tenderness.)
3. Reserve 1/4 C. of the pasta water as it finishes cooking, then drain and rinse pasta.

Vegetables:

1. Brown mushrooms in canola oil in a small sauté pan. Remove from pan and set aside on a plate.
2. Measure frozen peas into a small bowl with 1/4 C. water. Microwave 3 minutes, drain off excess water and add to mushrooms. Set aside and continue.

Salads and Dressing

Make two small green salads on individual plates.

Combine all dressing ingredients in a small jar with a tight-fitting lid. Shake well.

Aglio e Olio Sauce and Final Assembly

1. Heat olive oil in a large sauté pan until it begins to shimmer. Add the chopped garlic and green onions to oil and sauté until fragrant.
2. Add broth and reserved pasta water and bring to a boil. Stir in chopped basil and optional pepper flakes.
3. Add mushrooms, peas and pasta to sauce and toss over medium heat until reheated and well mixed. Divide between pasta serving bowls.
4. Garnish with shredded Parmesan and serve immediately.

Serve with salad on the side. Fantastico!

What I've Learned from this Recipe

Browning the mushrooms separately guarantees that they're cooked to perfection while releasing their umami.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com