

Plate Dream

Creamy Garlic Parmesan Spaghetti

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz spaghetti
- [ ] 2 tbsp unsalted butter
- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] 1 tsp lemon zest
- [ ] 2 tsp fresh lemon juice
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tbsp chopped fresh parsley

Instructions

1. Bring a large pot of salted water to a boil; add the spaghetti and cook until al dente, about 9 minutes. Reserve 1 cup of pasta water before draining.
2. Meanwhile, melt butter in a wide skillet over medium heat. Add the minced garlic and sauté for 1-2 minutes until fragrant, being careful not to brown.
3. Stir in the heavy cream, bring to a gentle simmer, then lower the heat and whisk in the Parmesan until the sauce becomes smooth and glossy.
4. Add the cooked spaghetti to the sauce, tossing to coat. If the sauce seems thick, drizzle in reserved pasta water a tablespoon at a time until you reach a silky consistency.
5. Finish with lemon zest, lemon juice, salt, and pepper. Sprinkle parsley on top and serve immediately.

Nutrition per serving

460 kcal	14 g	48 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust seasoning right before serving; the lemon will brighten the whole dish.
- For extra depth, toast the garlic lightly before adding the cream.
- A pinch of red pepper flakes can add a subtle warmth if you like a little heat.