

Plate Dream

Garlic Parmesan Pasta: Quick & Easy Dinner

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

Ingredients

Main Ingredients

- [ ] 12 oz spaghetti or linguine
- [ ] 3 tbsp extra-virgin olive oil
- [ ] 4 cloves garlic, minced
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] Zest of 1 lemon
- [ ] Freshly ground black pepper, to taste
- [ ] Salt for pasta water

Optional Add-Ins

- [ ] 1/4 cup peas (frozen or fresh)
- [ ] A handful of baby spinach

Instructions

1. Bring a large pot of salted water to a boil, add the pasta, and cook until al dente, about 8-10 minutes. Reserve 1 cup of the cooking water, then drain.
2. While the pasta cooks, heat olive oil in a large skillet over medium heat. Add minced garlic and sauté gently, just until fragrant and lightly golden, about 1-2 minutes. pesto pasta often starts the same way.
3. If using peas or spinach, toss them into the skillet now and stir until wilted or warmed through.
4. Add the drained pasta to the skillet, tossing to coat. Sprinkle the grated Parmesan over the top, and drizzle in the reserved pasta water a little at a time, stirring until a silky sauce forms.
5. Finish with lemon zest and a generous grind of black pepper. Taste and adjust seasoning, then serve immediately with an extra sprinkle of Parmesan.

Nutrition per serving

420 kcal	15 g	58 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems dry, add more pasta water—just a splash at a time.
- For a richer taste, you can finish with a drizzle of truffle oil.
- This recipe works well with a splash of Tuscan shrimp for a surf-and-turf twist.