

Recipe of the Week

Agilo Oilio E Peperoncino (Garlic Oil and Hot Chilli)

Ingredients

50g – 100g parmesan cheese, cubed
1400g water
500g spaghetti
80g olive oil
3 cloves of garlic
2 hot red chillies (or to taste)
20g parsley
150g dry white wine
2 stock cubes or 2 tbsp vegetable stock concentrate

Method

- Place the parmesan in the TM bowl and grind for 10 Seconds on Speed 9. Keep aside
- Insert Butterfly and add water to TM bowl and heat for 11 min /Varoma temperature /speed 1, to bring to the boil.
- Break spaghetti in half and place in to the TM bowl with 40g oil and cook for 10min / 100°C / reverse soft spoon
- Strain spaghetti and place in serving bowl. Cover (keep warm)
- Wash and dry TM bowl
- Place garlic, chilli and parsley into TM bowl and chop 5 sec / speed 7
- Add 40g olive oil and sauté for 2 min / 100°C / speed 1
- Add wine and stock and sauté for 2 min / 100°C / speed 1
- Pour over spaghetti and sprinkle with parmesan cheese and serve immediately.



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