

# Midnight Pasta Recipe

– Spaghetтата di Mezzanotte

COST	DIFFICULTY	TIME
▲ CHEAP ▲	▲ EASY ▲	▲ QUICK ▲
AFFORDABLE	MEDIUM	MEDIUM
EXPENSIVE	HARD	LONG



## Ingredients

100g spaghetti per person  
1 clove of garlic per person  
¼ red chilli per person  
30ml olive oil per person  
Small handful of parsley per person  
Salt

## Equipment

Sharp Knife  
Chopping Board  
Medium/Large Saucepan  
Frying Pan and Spatula  
Colander

## Shopping List [sourced from Asda]

£0.23 Just Essentials dried spaghetti (£0.05 for 100g)  
£0.65 Fresh and Fragrant garlic 3 pack (£0.22 each)  
£0.50 Warm & Fruity Mixed Chillies (£0.10 each)  
£1.85 250ml ASDA Extra Virgin Olive Oil (£0.23 for 30g)  
£0.50 25g Fresh Flat Leaf Parsley (£0.10 for 5g)  
£0.30 750g table salt

Cost for all the ingredients in your shopping basket  
£4.03, per individual portion cooked the cost is 70p.  
For a family of 4 the cost is £2.80.

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**Midnight Pasta** is what the Italians eat after an evening out! It's quick, easy and cheap and can even be made when you're hungry at midnight and it takes about the same time to cook as the pasta! What's more you only need to use one hob and 2 pans so requires less energy to cook. The frying pan is placed on top of the saucepan with the boiling pasta water, gently heating the oil and infusing it with the garlic and chili, ensuring it doesn't burn and go bitter. It's great to have with the ingredients in this recipe but extra ingredients can always be added to make it a more celebratory dish!

## Method

**STEP 1:** Fill the saucepan with water, add a large pinch of salt to the water and get it on the hob.

**STEP 2:** Add the olive oil to the frying pan and sit it on top of the saucepan, leave a small gap so that the water doesn't boil over – the heat from the steam gently warms the oil it also helps the water boil quicker!

**STEP 3:** Finely chop the garlic and the chilli

**STEP 4:** When the water boils add the pasta to the water and add the garlic and the chilli to the frying pan (keep an eye on the water – make sure it does not boil over the pan) adjust the heat so the water boils gently

**STEP 5:** While the pasta cooks, finely chop the fresh flat leaf parsley

**STEP 6:** When the pasta is cooked (as per the packet instructions 8-10mins) drain in the colander, keeping back a tablespoon of the water in the pan.

**STEP 7:** Return the pasta to the saucepan with the remaining water. Pour in the oil, garlic, and chili from the frying pan into the saucepan with the cooked pasta. Add the parsley and more oil if you want to. Stir the pasta to ensure it is coated with the flavoured oil. Taste and add a pinch of salt if needed.

**STEP 8:** Serve in a bowl and enjoy!



## Additions

- For a richer tasting dish you could swap the olive oil for butter
- If you have any hard cheese such as parmesan, pecorino or even cheddar grate a little on top once you have served the spaghetti, it will give the dish a depth of flavour
- If you feel adventurous and/or want to impress you could add drained capers and chopped anchovy fillets to the frying pan with the garlic and chili
- Grated lemon zest can also be added to the oil along with the garlic and chili to add a refreshing flavour to the oil, but do not add the lemon juice!