



**Dinner recipe.**  
**Pasta aglio e olio**

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## **Preparation.**

1. Put the tagliatelle in a ziplock.
2. Stick the parmesan, garlic, parsley and chili flakes in another bag.
3. Carry the olive oil in a container of its own.

## **Instructions.**

4. Cold soak the tagliatelle for 90 minutes in a cup of water.
  5. Boil the pasta and let it cook for 2 minutes.
  6. Sauté the garlic in the olive oil, don't let it brown.
  7. Put the pasta back in with the parmesan bag and mix.
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## **Ingredients.**

- tagliatelle, 3.5oz(100gr) 360kcal
- parmesan, 0.7oz(20gr) 85kcal
- 2 cloves of garlic, 0.2oz(6gr) 9kcal
- 3tbsp olive oil, 1.05oz(30gr) 270kcal
- 1tsp freeze dried parsley, 0.07oz(2gr) 6kcal
- 1/2tsp chili flakes, 0.035oz(1gr) 3kcal

**5.68oz(159gr), 733kcal**

**kcal/oz=129**