

Angel Hair Pasta

with

GARLIC, OIL & HERBS

MADE WITH
REAL INGREDIENTS
& HERBS

EVERYTHING
HERBAL

by Cheryl Jabz



A light, flavorful pasta tossed in olive oil, fresh garlic, and aromatic herbs. Simple, comforting, and made with real ingredients.



PREP TIME
10 MIN



COOK TIME
10 MIN



SERVINGS
4

INGREDIENTS

- 8 oz angel hair pasta
- 3 tbsp olive oil (extra virgin preferred)
- 4 cloves garlic, thinly sliced
- 1/2 tsp sea salt (or to taste)
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes (optional)
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp dried thyme
- 1 tbsp fresh parsley, chopped
- 1/4 cup grated Parmesan cheese (optional)
- Lemon zest or squeeze of lemon (optional)

HERBS with BENEFITS

Parsley: Rich in vitamins A, C & K and supports detoxification.

Basil: Natural anti-inflammatory and antioxidant properties.

Thyme: Supports immune health and aids digestion.

Oregano: Helps fight free radicals and supports overall wellness.



INSTRUCTIONS

- 1 COOK PASTA:** Bring a large pot of salted water to a boil. Add angel hair pasta and cook according to package directions until al dente. Reserve 1/2 cup pasta water, then drain.
- 2 SAUTÉ GARLIC:** While pasta cooks, heat olive oil in a large skillet over medium heat. Add sliced garlic and sauté for 1–2 minutes, stirring constantly, until fragrant and just golden (do not burn).
- 3 ADD HERBS & SEASONING:** Add salt, black pepper, red pepper flakes (if using), oregano, basil, and thyme. Stir and cook for 30 seconds to release the flavors.
- 4 TOSS PASTA:** Add the drained pasta to the skillet and toss to coat in the garlic herb oil. Add a splash of reserved pasta water as needed to loosen the pasta.
- 5 FINISH:** Remove from heat and stir in fresh parsley, lemon zest or juice (if using), and Parmesan cheese.
- 6 SERVE:** Taste and adjust seasoning if needed. Serve warm and enjoy!

Simple ingredients. Amazing flavor.

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