

CHILLI & XV OLIVE OIL 2 serves

Revised 08/09/15

Allow 30 mins

****Measures are level**** 1/4 1/3 1/2 2/3 3/4 °

ingredients:

3 tbsp XV olive oil

1 tsp minced garlic

2 red Birdseye chillies, rock-chop

3 spring onions, finely slice

2 tbsp flat leaf parsley, rock-chop

Several grinds black pepper

Self-serve Parmesan at table

Serve with: spaghetti, mixed,
Italian/French dressed salad, feta,
black olives, tomato & pistachios,
&/or garlic bread,

method:

1. Heat oil in frypan on medium-high heat.

2. Add garlic, cook 30 secs until it just changes colour then add chilli,

**spring onion, parsley, & pepper.
Cook uncovered 2 mins, stirring
occasionally.**

**3. Add frypan contents to hot
spaghetti & toss.**

ENJOY!