

Creamy Gochujang Pasta

Ingredients

- 3/4 pound dry spaghetti
- 1 tablespoons olive oil
- 4 cloves garlic, minced
- salt and pepper, to taste
- 3 tablespoons Gochujang chili paste
- 3/4 cup heavy cream
- 1/2 cup grated parmesan cheese
- fresh chopped parsley, for serving, optional
- red chili flakes, for serving, optional

Instructions

- Set a large pot of salted water to boil. Cook the pasta al dente, according to package directions. Reserve 1 cup of the cooking water, then drain the pasta and set it aside.
- In the meantime, in a large nonstick saucepan, warm the olive oil over medium heat. Add the garlic and sauté until fragrant, about 20 seconds. Season with just a touch of salt and pepper.
- Stir in the Gochujang paste and then pour in a 1/2 cup of the pasta water, mixing to loosen. Add the heavy cream and parmesan. Bring to a gentle simmer (it should be bubbly, but not boiling) and allow it to thicken.
- Dump in the cooked pasta and toss to coat, adding more of the reserved pasta water if necessary for a nice creamy sauce.
- Serve portions in bowls with parsley and a dash of red pepper flakes, if desired.

Notes:

- Gochujang, or red chili paste, is a savory, sweet, and spicy fermented Korean condiment. It can be found at most major grocery stores.
- You can sub half-and-half for the heavy cream, which will decrease fat content and calories, but also be a bit less creamy.
- Try using whole wheat spaghetti (adds fiber) or a bean-based pasta such as Barilla Protein Pasta (adds fiber and protein).
- To increase the protein content, feel free to add some cooked chicken breast or cooked shrimp.
- This dish has a kick! To decrease the spiciness, simply use less of the gochujang paste.

MAKES 4 SERVINGS. NUTRITION PER SERVING: CALORIES: 566KCAL | CARBOHYDRATES: 66G | PROTEIN: 16G | FAT: 26G | FIBER: 3G