

Helergon Kitchen

Garlic Parmesan Pasta

Creamy garlic-infused pasta tossed with fresh Parmesan, a speedy dinner that feels like a warm hug after a long day.

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz linguine or spaghetti
- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] 2 tbsp unsalted butter
- [ ] 1 tbsp olive oil
- [ ] Juice of 1/2 lemon
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil; add pasta and cook until al dente, about 9 minutes.
2. While pasta cooks, heat olive oil and butter in a deep skillet over medium heat. Add minced garlic and sauté until fragrant, about 30 seconds—watch it so it doesn't brown.
3. Stir in the heavy cream, bring to a gentle simmer, then lower the heat and whisk in the grated Parmesan until the sauce thickens and becomes glossy.
4. Reserve 1 cup of pasta cooking water, then drain pasta. Toss the pasta into the sauce, adding a splash of reserved water if needed to reach a silky coating.
5. Finish with lemon juice, a pinch of salt, and generous black pepper. Serve hot, topped with extra Parmesan and a drizzle of olive oil.

Nutrition per serving

420 kcal	14 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, thin it with a little more pasta water or milk.
- For extra depth, stir in a tablespoon of toasted pine nuts just before serving.
- Taste and adjust seasoning at the end; a little extra lemon brightens the dish.