

Helergon Kitchen

One Pot Creamy Garlic Pasta

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz spaghetti or linguine
- [ ] 4 cloves garlic, minced
- [ ] 2 tbsp butter
- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 cups low-sodium chicken or vegetable broth
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh parsley, chopped (optional garnish)

Instructions

1. In a large pot, melt butter over medium heat. Add the minced garlic and sauté for 1-2 minutes until fragrant, being careful not to let it brown.
2. Pour in the broth, bring to a gentle boil, then add the dry pasta. Stir occasionally, cooking the pasta directly in the liquid.
3. When the pasta is al dente (about 8-10 minutes), reduce heat to low and stir in the heavy cream and grated Parmesan. Let the sauce thicken, stirring constantly.
4. Season with lemon juice, salt, and pepper. If the sauce feels too thick, add a splash of reserved pasta water until you reach a silky consistency.
5. Remove from heat, garnish with fresh parsley and an extra sprinkle of Parmesan. Serve immediately, enjoying the warm, creamy embrace.

Nutrition per serving

460 kcal	12 g	45 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter sauce, use half the cream and add a bit more broth.
- A pinch of red pepper flakes can add a gentle warmth without overpowering the garlic.
- For extra depth, finish with a drizzle of good olive oil just before serving.