

## Creamy Garlic, Lemon and Avocado Pasta



### Ingredients

2 servings choice of pasta – cooked – any pasta of choice will work!

¼ cup reserved pasta water

2 tbsp. olive oil

3 large cloves of garlic, pressed

Juice of a half a large lemon

1 tsp sea salt

½ tsp. black pepper

Pinch of red chili flakes

1 small avocado, cut into cubes

### Preparation

1. Cook desired amount of pasta in well-salted boiling water. Follow pasta package instructions for cooking time. Please note, you should not overcook your pasta. Make sure it's al dente.
2. Heat a medium-sized frying pan on medium-low heat for 20-30 seconds. Add your olive oil and let it heat for around 15 seconds before adding your garlic. Cook down your garlic for around 3-4 minutes, or until your home is completely fragrant and the garlic has become more golden. Increase your heat to high and add your lemon. Give the mixture a good stir, you will notice little bubbles starting to develop around the sides of that pan. That's

### Credit

Recipe by FoodByMaria

