

Foodnity Recipes

Chili Crisp Noodles with Garlic Parmesan Cream Sauce

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Pasta

- [ ] 225 g fettuccine pasta

Creamy Chili Sauce

- [ ] 1 tablespoon olive oil
- [ ] 1 tablespoon unsalted butter
- [ ] 3 cloves garlic, minced
- [ ] 2 tablespoons chili crisp
- [ ] 1 cup heavy cream
- [ ] ½ cup freshly grated Parmesan cheese
- [ ] ½ teaspoon Italian seasoning
- [ ] Salt and freshly ground black pepper to taste

Garnish

- [ ] 2 tablespoons chopped fresh parsley

Instructions

1. Start by bringing a large pot of salted water to a rolling boil. Add the 225 g fettuccine pasta and let it cook for 10-12 minutes until it's just al dente. Now, here is the trick: drain the pasta, but honestly, make sure you save about ½ cup of that starchy pasta water before you dump it. Return the pasta to the pot for a moment.

2. While your noodles are doing their thing, heat up your skillet over medium heat. Drizzle in the 1 tablespoon olive oil, then add the 1 tablespoon unsalted butter and let it melt away completely. It smells so wonderful right at this moment.

3. Stir in those 3 cloves garlic, minced. Sauté them for just 30-45 seconds. You want them fragrant and smelling lovely, but please don't let them brown—once they brown, they get bitter, so keep stirring.

4. Now, stir in the 2 tablespoons chili crisp. Let it bloom for about 30 seconds. Wow, the aroma just wakes up when the heat hits it, releasing all those spicy notes into the butter-garlic base.

5. Pour in the 1 cup heavy cream and bring it to a gentle simmer. Turn the heat down to low and cook, stirring every now and then for 3-4 minutes until the cream thickens up just a bit.

6. Gradually whisk in the ½ cup freshly grated Parmesan cheese until the sauce is smooth and silky. If it looks a bit too thick—oops, it happens!—just add a splash of that reserved pasta water until it's just right.

7. Season things up with the ½ teaspoon Italian seasoning, salt, and freshly ground black pepper to taste. I always taste mine here and adjust the seasoning as needed.

8. Add the drained fettuccine to the skillet. Toss them quickly so every single strand is coated in that creamy chili crisp sauce. Let it all heat through for 1 minute so the flavors can really meld together.

9. Remove from the heat and stir in the 2 tablespoons chopped fresh parsley. If you're feeling fancy, a little lemon zest adds a nice brightness. Serve it immediately with extra Parmesan or some toasted sesame seeds if you like.

10. And that's it. Enjoy your luscious, spiced noodles. I personally love this with a crisp green salad or some steamed broccoli to balance out the richness.

Nutrition per serving

640 kcal	18 g	42 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure to reserve pasta water before draining; it's the secret to a silky sauce.
- Bloom the chili crisp in the butter to maximize the heat and aroma.
- Use freshly grated Parmesan rather than the canned stuff for a smoother melt.