

Aglio e Olio

The purist's plate — no heat method, no room to hide a bad olive oil.

01

Check Your Pantry First

☐ Olive oil

☐ Salt & black pepper

☐ Garlic

02

Need to Buy

Follow the order — it maps how you walk the grocery.

FRUITS & VEGETABLES1 ITEM

☐ Fresh parsley

x 1

PANTRY & DRY GOODS2 ITEMS

☐ Spaghetti

200g

☐ Chili flakes

pinch

SUBSTITUTES

Fresh parsley = dried parsley at half the quantity

FRESH PROTEINS0 ITEM

CHILLED & DAIRY1 ITEM

☐ Parmesan, grated

optional

03

Where to Shop

End at the deli counter. Everything else is one walk through the supermarket.

01

Mauceri KLFresh pasta

Available at QRA Arcoris Mont Kiara (arcoris.qrafoods.com). For anyone who wants fresh rigatoni or spaghetti instead of dried. [instagram.com/mauceri_kl](#)

02

Supermarket

Produce, pantry aisle

03

THIS WEEK'S MEALS

01

Ragù Rigatoni

2 HOURS | MEDIUM

02

Pesto Pasta

15 MIN | EASY

03

Classic Cabonara

20 MIN | EASY

04

Aglio e Olio

15 MIN | EASY

05

Spicy Rigatoni alla Vodka

25 MIN | MEDIUM