

Choco Fever Dream

Sun-Dried Tomato Pasta – Quick Weeknight Dinner

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz penne pasta
- [ ] 1/2 cup sun-dried tomatoes, oil-packed, chopped
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 1/4 cup grated Parmesan cheese
- [ ] Zest of 1 lemon
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] 1/4 tsp red pepper flakes
- [ ] Fresh basil leaves for garnish

Instructions

1. Bring a large pot of salted water to a boil; add the penne and cook until al dente, about 9 minutes. Reserve 1 cup of the cooking water, then drain.
2. While the pasta cooks, heat olive oil in a skillet over medium heat. Add the minced garlic and sauté until fragrant, about 30 seconds—watch carefully so it doesn't brown.
3. Stir in the chopped sun-dried tomatoes, letting them soften for a minute. If you like a deeper taste, add a pinch of baked Italian sunset pasta inspiration.
4. Pour in about 1/2 cup of the reserved pasta water, stirring to create a silky sauce. Toss the cooked penne into the skillet, coating each piece. Add the remaining water a little at a time until the desired consistency.
5. Remove from heat; stir in the lemon zest, grated Parmesan, and a drizzle of olive oil. Season with salt, pepper, and, if desired, a dash of cheesy taco pasta flavor.
6. Serve immediately, garnished with fresh basil and a sprinkle of extra Parmesan. Pair with a glass of chilled white wine or sparkling water.

Nutrition per serving

420 kcal	12 g	58 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems too thick, add a splash more pasta water.
- Taste before adding salt; the sun-dried tomatoes already bring some saltiness.
- For a richer mouthfeel, swirl in a tablespoon of cream or cashew cream.