

Creamy Sun-Dried Tomato & Spinach Spaghetti: Easy Weeknight Meal

Creamy Sun-Dried Tomato & Spinach Spaghetti: Your New Weeknight Pasta Obsession



TIME
15-20 min

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INGREDIENTS

8 oz spaghetti
2 cups fresh spinach
½ cup sun-dried tomatoes, drained and chopped (oil-packed preferred)
2 cloves garlic, minced
1 cup heavy cream
½ cup grated Parmesan cheese
1 tablespoon olive oil
Salt and black pepper to taste
Red pepper flakes (optional, for garnish)

DIRECTIONS

1. Cook Spaghetti: Bring a large pot of generously salted water to a rolling boil. Add the 8 oz spaghetti and cook according to package instructions until al dente (cooked but still firm to the bite). Once cooked, drain the spaghetti well and set it aside.
2. Sauté Aromatics & Tomatoes: In a large skillet or Dutch oven, heat the 1 tablespoon of olive oil over medium heat. Add the minced garlic and sauté for 1-2 minutes until it becomes fragrant. Be careful not to let the garlic burn. Add the chopped sun-dried tomatoes to the skillet and cook for another 1-2 minutes, stirring, allowing them to warm through and release their concentrated flavor.
3. Wilt Spinach & Add Cream: Stir in the 2 cups fresh spinach to the skillet. Cook for about 2-3 minutes, tossing continuously, until the spinach has just wilted down. Pour in the 1 cup heavy cream and bring the sauce to a gentle simmer. Let it simmer for 3-4 minutes, stirring occasionally, until the sauce slightly thickens to a creamy consistency.
4. Combine & Finish: Add the cooked spaghetti directly to the skillet with the creamy sauce. Use tongs or two large spoons to toss well, ensuring every strand of spaghetti is thoroughly coated with the rich, sun-dried tomato cream sauce. Stir in the ½ cup grated Parmesan cheese until it melts into the sauce and is well combined. Season with salt and black pepper to taste. If desired, sprinkle with red pepper flakes for a hint of spice and a pop of color.
5. Serve: Remove the skillet from heat and serve immediately. Enjoy this comforting and flavorful pasta dish!

SWAPS & NOTES

Pasta Type: While spaghetti is classic for this dish, feel free to use other pasta shapes like fettuccine, penne, linguine, or rotini .

Sun-Dried Tomatoes: Oil-packed sun-dried tomatoes (drained) are recommended for the best flavor and soft texture.

If using dry-packed, rehydrate them in warm water for 15-20 minutes before chopping.

Garlic: Freshly minced garlic is key for aromatic depth.

TIPS FOR SUCCESS

Don't Overcook Pasta: Cook spaghetti to al dente so it holds up well in the sauce and doesn't become mushy.

Warm Sauce, Hot Pasta: Adding hot, freshly cooked pasta to the warm sauce ensures everything combines beautifully and stays hot.

Taste and Adjust Seasoning: Always taste the sauce before adding the pasta and adjust salt, pepper, or red pepper flakes as needed.

Don't Overcrowd Skillet: Use a large enough skillet to comfortably toss the pasta and sauce without making a mess.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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