

## Pasta with Fresh Tomato-Basil Sauce: An Easy 20-Minute Dinner

Pasta with Fresh Tomato-Basil Sauce



**TIME**  
**20 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb pasta (spaghetti, linguine, or penne)
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1/4 tsp red pepper flakes (optional)
- 2 lbs fresh tomatoes (cherry, Roma, or heirloom), roughly chopped
- 1/2 cup fresh basil leaves, torn or chopped
- Salt and black pepper, to taste
- Parmesan cheese, for serving

#### Swaps and Notes:

**Tomatoes:** Use the best, ripest tomatoes you can find. Cherry tomatoes are great because they burst easily and are naturally sweet. Roma tomatoes also work wonderfully.

**Pasta:** Any shape of pasta will work with this sauce. I love spaghetti or linguine, but a short pasta like penne or fusilli would also be great for catching all the sauce.

**Olive Oil:** Use a high-quality extra-virgin olive oil for the best flavor.

**Basil:** Fresh basil is a must here. Don't substitute with dried basil, as it won't give you the same vibrant, fresh flavor.

**Spice:** The red pepper flakes are optional, but they add a nice subtle heat that I love. You can adjust the amount to your preference.

**Directions:**

**Cook the Pasta:** Bring a large pot of salted water to a boil. Cook the pasta according to the package directions until al dente. Reserve about 1/2 cup of the pasta water before draining.

**Make the Sauce:** While the pasta is cooking, heat the olive oil in a large skillet or sauté pan over medium heat. Add the minced garlic and red pepper flakes (if using) and cook for about 1 minute until fragrant. Be careful not to let the garlic brown.

**Add Tomatoes:** Add the chopped fresh tomatoes to the skillet. Season with salt and pepper. Cook for 5-7 minutes, stirring occasionally, until the tomatoes have softened and are starting to break down, releasing their juices.

**Combine:** Add the drained pasta to the skillet with the sauce. Toss everything together to coat the pasta. If the sauce seems too thick, add a splash of the reserved pasta water to loosen it up.

**Add the Basil:** Remove the skillet from the heat. Stir in the fresh basil leaves. The residual heat will wilt the basil just enough to release its aroma without overcooking it.

**Serve:** Divide the pasta among bowls, and serve immediately with a generous sprinkle of grated Parmesan cheese.

**Tips for Success:**

**Timing is Everything:** The key to this recipe is making the sauce while the pasta is cooking. They should both be ready at the same time for the freshest flavor.

**Don't Overcook the Garlic:** Garlic can go from fragrant to burnt in a matter of seconds. Keep the heat on medium and stir constantly to prevent this.

**Use Pasta Water:** The starchy pasta water is a great tool. It not only helps to loosen the sauce but also helps it cling to the pasta.

**Finish Off the Heat:** Adding the fresh basil at the end, off the heat, ensures that its vibrant color and flavor are preserved.

**Serving Suggestions and Pairings:**

**Nutritional Information (Per Serving):**

Calories: Approximately 450

Protein: 15g

Fat: 12g

Carbohydrates: 70g

**Storage and Leftover Tips:**

**More Recipes You Will Love:**

**Final Thoughts:**

## DIRECTIONS

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9. Use : Pasta Water: The starchy pasta water is a great tool. It not only helps to loosen the sauce but also helps it cling to the pasta.
10. Finish : Off the Heat: Adding the fresh basil at the end, off the heat, ensures that its vibrant color and flavor are preserved.
11. Serving Suggestions and Pairings: This Pasta with Fresh Tomato-Basil Sauce is a complete meal on its own, but it pairs beautifully with a simple side. A fresh green salad or a side of crusty bread for soaking up the delicious sauce would be perfect. For another delicious and simple meal, my recipe for This Mexican Chicken and Rice Casserole is My Favorite One-Pan Dinner That's Always a Hit is a great option.
12. Nutritional Information (Per Serving): Please note: This is an approximation and can vary based on the specific ingredients used.
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14. Protein: 15g
15. Fat: 12g
16. Carbohydrates: 70g
17. This is a healthy, satisfying meal that's packed with nutrients from the fresh tomatoes.
18. Storage and Leftover Tips: This pasta is best enjoyed fresh, but leftovers can be stored in an airtight container in the refrigerator for up to 2 days. To reheat, you can warm it gently in a skillet with a splash of water or broth to rehydrate the sauce. The microwave also works, but the texture won't be quite the same.
19. More Recipes You Will Love: If you're a fan of simple, delicious one-pan meals, you'll love some of my other creations. For a comforting and hearty dinner, my recipe for These Chicken Enchiladas are My Go-To for Cozy Crowd-Pleasing Dinners is always a hit. For another hearty one-pot wonder, you can't go wrong with my recipe for This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort. And for a fun, interactive dinner, my This Walking Taco Bar is My Favorite No-Fuss Way to Feed a Crowd is a lifesaver.
20. Final Thoughts: This Pasta with Fresh Tomato-Basil Sauce is a testament to the fact that some of the best food is the simplest. It's a gorgeous, flavorful, and incredibly easy dish that is the perfect way to savor the best of summer.
21. I hope you give this recipe a try and that it becomes a new favorite in your home. What's your go-to quick pasta recipe? Let me know in the comments below! And don't forget to follow me for more delicious recipes. Happy cooking!

## SWAPS & NOTES

of the basil, and a touch of garlic and olive oil create a dish that is pure simplicity and pure perfection.

I first started making this recipe when I realized that sometimes the best sauces don't need hours on the stove.

This dish is a celebration of fresh, high-quality ingredients, where the tomatoes are the true star.

A quick cook in the skillet brings out their natural sweetness, and the fresh basil stirred in at the end keeps its vibrant color and flavor.

## TIPS FOR SUCCESS

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

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