

## My Favorite Caramelized Onion Pasta with Chili Oil

Sometimes, the simplest ingredients can create the most profound flavors. This



**TIME**  
**25-30 min**

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### INGREDIENTS

12 ounces pasta (spaghetti or linguine)  
3 large onions, thinly sliced  
3 tablespoons olive oil  
2 tablespoons chili oil  
3 cloves garlic, minced  
1 teaspoon sugar (optional, to speed up caramelization)  
Salt and black pepper to taste  
Fresh parsley, chopped (optional, for garnish)  
Grated Parmesan cheese (optional, for serving)

### DIRECTIONS

- 1.** Cook the : Pasta: Bring a large pot of generously salted water to a boil. Cook the pasta according to the package directions until it is al dente. Before you drain it, be sure to reserve about 1/2 cup of the starchy pasta water.
- 2.** Caramelize the : Onions: In a large skillet, heat the olive oil over medium-low heat. Add the thinly sliced onions and the sugar. Cook slowly, stirring occasionally, for about 25-30 minutes. This is the most crucial step-the onions should be a deep, golden brown and very soft. If they start to stick to the pan, you can add a small splash of water to deglaze it.
- 3.** Add : Garlic and Chili Oil: Once the onions are caramelized, add the minced garlic and cook for 1-2 minutes until it becomes fragrant. Stir in the chili oil, and season with salt and pepper to taste.
- 4.** Combine the : Pasta: Add the cooked and drained pasta directly to the skillet with the onion mixture. Toss everything together to coat the pasta in the sauce. If the sauce seems a little dry, add a splash or two of the reserved pasta water to create a smoother consistency.
- 5.** Garnish and : Serve: Transfer the pasta to a serving dish or individual bowls. Garnish with freshly chopped parsley and a generous sprinkle of grated Parmesan cheese if you like. Serve immediately while it's still warm.

### SWAPS & NOTES

Pasta: Spaghetti or linguine work beautifully here, as their long shape is great for catching all the sweet onion and spicy oil.

You could also use a shorter pasta like penne or rigatoni.

Onions: Yellow onions are perfect for this recipe due to their high sugar content, which makes them ideal for caramelizing.

You could also use a mix of yellow and red onions for a different flavor profile.

## TIPS FOR SUCCESS

**Patience is a Virtue:** The key to this dish is taking your time with the onions.

**Don't try to rush the caramelization process,** as this is where all the flavor comes from.

**Reserve the Pasta Water:** This starchy, salty water is your best friend.

It helps the sauce cling to the pasta and gives it a velvety texture.

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

Original recipe: <https://chefmaniac.com/my-favorite-caramelized-onion-pasta-with-chili-oil/>