



ITALY

DINNER

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Italian Spaghetti alle Vongole

Spaghetti alle Vongole is a classic Italian dish originating from the coastal region of Campania, particularly popular in Naples. This dish highlights the

PREP

15 min

COOK

20 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 400 g spaghetti - use high-quality durum wheat pasta
- 1 kg fresh vongole (clams) - soaked in salt water to purge sand
- 4 cloves garlic - sliced thinly
- 60 ml extra virgin olive oil - for sautéing
- 1 bunch fresh parsley - chopped, for garnish
- 1 pinch red pepper flakes - optional, for heat
- 1 cup white wine - dry, such as Pinot Grigio or Vermentino
- to taste salt - for pasta water
- to taste freshly ground black pepper - for seasoning

WHY THIS WORKS

About this recipe

A printable Italian Spaghetti alle Vongole recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Spaghetti alle Vongole is a classic Italian dish originating from the coastal region of Campania, particularly popular in Naples. This dish highlights the freshness of clams and the use of high-quality olive oil, representing the simple

ORIGIN & TRADITION

Mediterranean context

Spaghetti alle Vongole is a classic Italian dish originating from the coastal region of Campania, particularly popular in Naples. This dish highlights the freshness of clams and the use of high-quality olive oil, representing the simple yet rich culinary tradition of Southern Italy.

METHOD

Step-by-step instructions

1

In a large pot, bring salted water to a boil and cook the spaghetti until al dente, following package instructions, usually about 8-10 minutes.

2

While the pasta cooks, in a large skillet, heat the olive oil over medium heat. Add the sliced garlic and red pepper flakes, sautéing until the garlic is golden and fragrant, about 2 minutes.

3

Add the vongole to the skillet and pour in the white wine. Cover the skillet with a lid and let the clams steam for about 5-7 minutes, or until they open. Discard any clams that remain closed.

4

Once the pasta is done, reserve a cup of pasta water and drain the spaghetti. Add it to the skillet with vongole, tossing gently to combine. If needed, add a little reserved pasta water to create a light sauce.

5

Season with salt and freshly ground black pepper to taste. Sprinkle with fresh parsley and serve immediately.

CHEF'S TIP

Always use fresh clams and ensure they are purged of sand for the best flavor and texture.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	15 g
Protein	18 g	Fiber	3 g
Carbohydrates	58 g	Sodium	600 mg

SERVING SUGGESTION

Serve the spaghetti alle vongole with a drizzle of extra virgin olive oil and a fresh green salad on the side. A light white wine pairs beautifully.

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