

SIDE DISH

Jamie Oliver's Summertime Tagliarini

29 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	20 min	20 min	10	\$1.18	144 kcal



You can never have too many side dish recipes, so give Jamie Oliver's Summertime Tagliarini a try. Watching your figure? This gluten free, primal, and ketogenic recipe has 144 calories, 6g of protein, and 12g of fat per serving. This recipe serves 10.

Ingredients

- ☐ 10 servings Freshly ground black pepper, to taste
- ☐ 2 Zest and juice of lemons
- ☐ 4 ounces freshly grated Parmesan cheese, plus extra for shaving
- ☐ 3 ounces pine nuts, divided
- ☐ 18 ounces good-quality tagliarini
- ☐ 1 large bunch fresh flat-leaf parsley, leaves picked, half finely chopped and half left whole (about 1 cup total)
- ☐ ½ cup extra-virgin olive oil
- ☐ 1½ ounces freshly grated pecorino cheese
- ☐ 10 servings Sea salt, to taste
- ☐ 18 ounces good-quality tagliarini

EQUIPMENT Bowl, Pot

Method

- 1 Smash half the pine nuts into a paste, then put them into a big heatproof bowl with remaining whole pine nuts, lemon zest and juice, chopped parsley, and olive oil. Stir, then add the Parmesan and pecorino.
- 2 Tip: The sauce should be reasonably thick think of it as a dressing. Taste it, so you can balance the flavors and make sure it's quite zingy; as the sauce heats and cheese melts, the lemony flavor will calm down.
- 3 Put a large pot of salted water on to boil. Sit sauce bowl on top while water heats up this will take the chill out. When water starts to boil, remove bowl and add pasta to pot. Cook pasta according to package instructions; drain, reserving a little cooking water. Toss pasta with sauce and reserved cooking water (try 1/2 cup) to loosen it. The heat from the pasta will melt the cheese, allowing the lovely sauce to coat it.
- 4 Tip: If you find the sauce too thick, add a little more water; it should be incredibly silky, fresh, and fragrant. Have one last taste to balance the flavors.
- 5 Add some Parmesan and a sprinkle of parsley; enjoy immediately.

Nutrition per serving

144	6 g	12 g	4 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.2 g · 20% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			0.5 g · 1% of daily needs
Sodium			447 mg · 19% of daily needs
Cholesterol			14.3 mg · 5% of daily needs
Vitamin C			10 mg · 12% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/jamie-olivers-summertime-tagliarini-146327