

# Italian Chickpea Pasta

COST	DIFFICULTY	TIME
CHEAP	EASY	QUICK
AFFORDABLE	MEDIUM	MEDIUM
EXPENSIVE	HARD	LONG



## About

This chickpea pasta recipe is great for a quick and easy lunch or dinner. With spinach, lemon and garlic, this recipe will be ready in about 20-30 minutes. All the ingredients are very cheap, except for the greens like spinach which can be a bit more expensive. You can use any greens you like such as spinach, kale or chard to provide fibre and iron and make this a nutritious, simple and tasty dish.

## Ingredients

400g pasta (2 large mugs)  
200g spinach or chard (2 big handfuls)  
1 tin chickpeas  
30ml olive oil per person  
Salt and pepper  
3 cloves garlic

## Equipment needed

Sharp Knife  
Chopping Board  
Medium/Large Saucepan  
Frying Pan  
Spatula  
Colander  
Wooden spoon/spatula

## Extra flavours

**Lemon** is a must for simple pastas in Italy that rely on oil and cheese instead of tomato sauce. Using both the zest and the juice really gives it a nice, strong hit of citrus.

**Spice like chilli powder or red pepper flakes** some dried seasonings to fry with chickpeas before adding the pasta. They will add some heat and spice.

**Fresh herbs to complete the dish:** Parsley is traditionally used. But you can also use chives or a mixture depending on what you like.

## Method (steps)

- 1. Cook the pasta** according to package directions in a large pot of salted boiling water. Be careful not to overcook it or it will become soggy! Try to set a timer on your phone if it helps.
- While the pasta is cooking, you can focus on the other ingredients.
- 3. Chop the garlic with a knife** into small pieces so it is ready to add when you need it. You can use a garlic crusher/or grate the garlic cloves using the small holes on a grater.
- 4. Heat the olive oil** in a large frying pan over a medium heat.

- 5. Fry the chickpeas** until they are golden and a bit crispy on the outside. This will take 5 minutes. Stir them around the pan, so they cook evenly/don't burn on the bottom!
- 6. Add the garlic, red pepper flakes, salt and pepper.** Keep cooking, giving the garlic about a minute to become fragrant – you should be able to smell it.
- 7. Stir the pasta, lemon juice & zest** and another tablespoon of olive oil into the chickpeas.
- 8. Add the spinach and parsley** (if using). Stir everything together. The greens will wilt (this means they become soft and absorb the flavours) in a couple minutes.

## Additions and alternatives

For a richer tasting dish add cheese like parmesan, pecorino or even just some white cheddar

- Nuts such as pine nuts, walnuts or almonds are all great crunchy extras. Chop them if they are larger pieces.
- Roasted chicken is good if you are looking for a heartier dish. You can slice or shred it. Or serve the pasta as a side dish to go with it.
- Vegetables including mushrooms, red peppers or chopped fresh tomatoes can be sautéed (fried on high heat) in the frying pan before adding chickpeas and pasta. You can also use leftover roasted veggies too and reheat them before combining them with everything else.

Keep any leftovers for the next day. You can add pesto, fresh salad leaves, or mayo and chicken for a tasty pasta salad that goes well in a lunch box.

