



CHICKPEA PASTA

Portions: 4
Preparation time:
30 minutes
Cooking time:
60 minutes
Approx cost:
£3.61

Nutrition
Energy (kJ)
Energy (kcal)
Carbohydrate (g)
Protein (g)
Fat (g)
Fibre (g)
Sodium (mg)
Iron (mg)

Quantity per portion
3376.67
807.78
77.02
17.04
50.12
9.02
216.36
4.24

Ingredients

250g durum wheat pasta

250g tinned chickpeas

6 garlic cloves, peeled

1 leek, cut into chunks

½ stick celery, cut into chunks

½ red onion, cut into chunks

2 cherry tomatoes, halved

100g purple sprouting broccoli,
trimmed

50g kale, leaves picked

100g broccoli, cut into florets

1 sprig rosemary

2 tbsp flat leaf parsley, chopped

2 tbsp olive oil

1 tsp white wine vinegar



Did you know?

Chickpeas, also known as garbanzo beans, are a type of legume and a great source of dietary fibre!

Instructions

1. Put the chickpeas, garlic, half of the leek, celery, onion, cherry tomatoes and rosemary in a large saucepan and cover with water. Bring to the boil and simmer for about an hour, or until the chickpeas are tender.

2. Remove the garlic, leeks, celery, onions and tomatoes from the saucepan and blend with 100ml of the broth to form a smooth paste. Mix in the chickpeas with the paste.

3. Bring a large saucepan of salted water to the boil and cook the pasta following the packet instructions, until al dente.

Drain the water and stir in some extra virgin olive oil, then the chickpea sauce. Season to taste with salt and pepper and top with parsley.

4. Preheat a frying pan and sauté the broccoli, remaining leek and kale until charred. Then, transfer the vegetables to a bowl, add olive oil and vinegar and season to taste with salt and pepper. Serve together.

Visit the NBRI website to find out more about the nutrition research taking place at Norwich Research Park.



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