



*Italian Chickpea Pasta  
'Pasta e Ceci'*





Prep 5 mins  
Cook 20 mins  
Serves 4

#### Ingredients:

- 250g of any small pasta, we used *La Terra e il Cielo* organic fusilli
- 2x 400g cans of Essential Chickpeas
- 60ml Essential Extra Virgin Olive Oil
- 1 tbsp butter
- 4 cloves garlic
- 1 sprig of fresh rosemary
- Salt
- 2 tbsp Essential Tomato Puree
- ¼ tsp Essential Crushed Chilli
- 500ml vegetable stock
- 1/4 tsp pepper
- 50g vegetarian or vegan parmesan cheese

**Pasta E Ceci or Pasta with Chickpeas is a staple comfort food throughout much of central and southern Italy.**

**This rustic stew is flavoured with garlic, tomato puree, rosemary and parmesan - with optional chilli flakes for a little kick! The key to this dish is to mash some of the chickpeas and to add a splash of starchy pasta water to create a rich and thick sauce.**

1. In a large saucepan, heat the oil and butter over medium heat.
2. Add garlic, rosemary, 1 tsp salt, and cook for about 5 minutes or until the garlic turns golden.
3. Optionally, add the crushed chillies until fragrant, or about 30 seconds.
4. Add tomato puree and cook for about 1 minute or until fragrant.
4. Add a splash of stock to de-glaze the pan.
5. Remove the rosemary sprig and add in the chickpeas along with the remaining vegetable stock.
6. Lightly crush the chickpeas with a potato masher or the back of a spoon until about ¼ have been

crushed and the sauce has thickened slightly.

7. Cook pasta separately until al dente, saving some of the pasta water.

8. Add the pasta and a cup of pasta water to the saucepan with the chickpeas, and grate over some parmesan. Stir until the desired consistency, keeping in mind the sauce will thicken as it cools.

9. Serve with black pepper and finely grated parmesan on top, enjoy!

