

Webfid00311hero pastawithroastedvegetableandchickpeasauce

Pasta with Roasted Veg Sauce

and Crispy Chickpeas



20-30min



4 Portions

This clever recipe roasts carrots and capsicum until sweet and golden, then blitzes them into an amazing meat-free pasta sauce. Crispy roasted chickpeas add crunch as well as fibre and protein, and a sprinkle of cheese adds a final flourish of indulgence. Dig in!

What we send

- spice mix
- smoked cheddar ⁷
- chopped tomatoes
- red capsicum
- parsley, 2 garlic cloves
- high fibre penne ¹
- onion
- chickpeas
- carrot

What you'll require

- Australian honey
- olive oil
- sea salt and pepper

Utensils

- baking paper
- Colander
- grater
- large saucepan
- medium saucepan
- oven tray
- stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

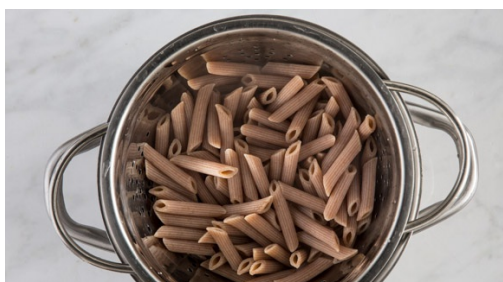
Nutrition per serving

Energy 650.0kcal, Fat 18.6g, Proteins 22.0g, Carbs 93.2g



1. Prepare vegetables

Preheat oven to 200C. Line 2 oven trays with baking paper. Cut **carrots** into 1cm slices (halve slices if large). Place on one tray. Coarsely chop **capsicum**, discarding seeds and membrane. Add to carrots. Drizzle with 1 tbs **oil** and 1 tbs **honey**. Season with **sea salt and pepper** to taste. Toss to coat. Roast for 20 mins or until carrots are softened.



4. Cook pasta

Meanwhile, cook 300g of **pasta** (reserve remaining for another use) in the pan of boiling water for 12-13 mins until cooked al dente. Reserve 125ml (½ cup) of the cooking liquid, then drain.



2. Roast chickpeas

Meanwhile, bring a large saucepan of water to the boil for the pasta. Drain and rinse the **chickpeas** and place on the second prepared tray. Sprinkle over the **spice mix** and drizzle with 1 tbs **oil**. Toss to coat, then roast for 20 mins or until chickpeas are slightly crisp.



5. Blend roasted vegetables

Once **roasted vegetables** are tender, transfer to a food processor (or use a stick blender) with the **reserved cooking liquid** and blend until smooth.



3. Start sauce

Meanwhile, finely chop the **onion** and **garlic**. Coarsely chop the **parsley** leaves and stalks. Coarsely grate the **cheese**. Heat 1 tbs **oil** in a medium saucepan over medium heat. Cook the onion and garlic for 5 mins or until softened. Add **tomatoes**, season with **sea salt and pepper** and bring to a simmer. Cover, remove from heat and set aside.



6. Get ready to serve

Place **blended roasted vegetables** in the pan with the **sauce** and stir in the **chickpeas** (reserving a few to scatter over the pasta). Add half of the **parsley** and cook until warmed through. Divide **pasta** between bowls and top with the sauce. Serve sprinkled with **cheese**, reserved chickpeas and remaining parsley.