

MARLEY SPOON



Chickpea Bolognese Pasta

with Parmesan



20-30min



4 Portions

This impressively quick vegetarian ragu with chickpeas, sweet capsicum and rich tomato sauce, breathes new life into midweek bolognese. We've added a hint of porcini for a delicious umami kick, plus parsley to create the perfect summer meal.

What we send

- carrot
- tagliatelle ¹
- onion
- mild chilli flakes
- chickpeas
- parmesan ⁷
- porcini powder
- dried oregano
- diced tomatoes
- capsicum
- parsley
- 2 garlic cloves

What you'll require

- olive oil
- sea salt and pepper
- sugar
- water

Utensils

- deep frypan
- large saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If you prefer less heat, omit the chilli.

Allergens

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

Nutrition per serving

Energy 780kcal, Fat 22.2g, Carbs 97.5g, Proteins 35.3g



1. Prepare vegetables

Bring a large saucepan of salted water to the boil for the pasta. Peel and finely chop the **onion, carrots** and **garlic**. (Alternatively, coarsely chop onion, carrots and garlic then pulse the vegetables in a food processor until finely chopped). Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane.



4. Make sauce

Meanwhile, add the **chickpeas, tomatoes, porcini powder, 2 tsp oregano** (the remaining oregano won't be used in this dish), **1 tsp chilli flakes** (see cooking tip), **1 tsp sugar** and **250ml (1 cup) water** to the pan and bring to the boil. Reduce heat to medium-low and cook, covered, stirring occasionally, for 10 mins or until the sauce has reduced.



2. Start bolognese

Heat **2 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **onion, carrot, capsicum** and **garlic**, stirring, for 4-5 mins until the vegetables start to soften.



5. Grate parmesan

While the sauce is cooking, finely grate the **parmesan**. Coarsely chop the **parsley** leaves, discarding the stems.



3. Cook pasta

Meanwhile, rinse and drain the **chickpeas**. Cook **three-quarters of the pasta** (the remaining pasta won't be used in this dish) in the pan of boiling water for 8 mins or until al dente. Reserve **125ml (½ cup) cooking liquid** from the pasta, then drain.



6. Get ready to serve

Lightly crush the chickpeas with a fork, then add the **pasta, reserved cooking liquid, parmesan** and **parsley** to the pan. Season with **salt and pepper** and toss to combine. Divide the **pasta** among bowls to serve.