



Whole Wheat Parmesan Pasta

with Chickpeas and Kale



20-30min



4 Servings

To get the most flavor out of the tomato in this pasta dish, we toss chopped tomato with crushed red pepper flakes, salt, and olive and then let it stand at room temperature. While you sauté the chickpeas and kale and the pasta boils, the tomato chunks release their juices and the flavor deepens. Once the kale is tender and the chickpeas are warm, add the marinated tomatoes and the accumulated ...

What we send

- tuscan kale
- 2 cloves garlic
- vine-ripe tomatoes
- crushed red pepper
- lemon
- fresh mint
- can chickpeas

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- colander
- large skillet
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 703.0kcal, Fat 18.6g, Proteins 32.3g, Carbs 81.3g



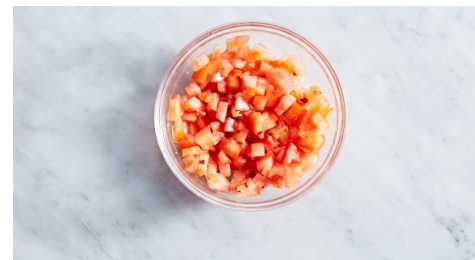
1. Prep ingredients

Bring a large pot of **salted water** to a boil. Finely chop **garlic**. Remove stem and ribs from **kale**; stack and thinly slice leaves. Drain and rinse **chickpeas**. Pick **mint** from stems and thinly slice the leaves. Halve **lemon**; juice one half and cut the other half into wedges. Grate **Parmesan**.



4. Cook the pasta

Meanwhile, add **pasta** to boiling water and cook until al dente, 8-10 minutes. Drain, reserving **1 cup pasta water**. Return pasta to pot.



2. Marinate tomatoes

Remove cores from **tomatoes** then seed, finely chop, and transfer to a medium bowl. Add **¼ teaspoon of crushed red pepper** (or less depending on heat preference), **½ teaspoon of salt**, and **2 teaspoons oil**. Stir to combine.



5. Combine ingredients

Add the **garlic-kale-chickpea mixture** to pasta along with **marinated tomatoes** and **½ cup of reserved pasta water**. Cook over medium-high heat, stirring occasionally, until tomatoes are slightly softened, about 1 minute.



3. Sauté ingredients

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **garlic** and cook until softened, about 1 minute. Add **kale** and **chickpeas** and season with **salt** and **pepper**. Cook until kale is wilted, about 4 minutes. Remove skillet from heat.



6. Finish

Stir in mint, **1 tablespoon lemon juice**, and **half of Parmesan**. Add **4-6 tablespoons pasta water** and cook, stirring gently until sauce is slightly creamy, 1-2 minutes. Season with **salt** and **pepper** and spoon into bowls. Drizzle with **olive oil** and sprinkle with **remaining Parmesan**. Serve **lemon wedges** and any **remaining crushed red pepper** alongside. Enjoy!