

# Chickpeas in Spicy Smoked Tomato Sauce



## Recipe By FoodieBook

**Ref:** 224

**Heading:** Pasta

**Cuisine:** Italian

**Food Type:** Vegan

**No of Portions:** 4

## Ingredients & Prep

250 g Pasta dried, Penna is good  
200 g Tomato passata  
200 g Spinach leaves  
60 g Tomato puree  
3 tbsp Olive oil  
2 Garlic clove chopped finely  
250 g Chickpeas tinned drained weight  
1 Onion med chopped  
1 tbsp Smoked Paprika  
1 tsp Oregano dried  
1 tsp Thyme dried  
1 Red Chilli finely chopped  
1 Vegetable stock cube or gel pot  
1/2 tsp Black pepper ground

### Garnish

sprinkle Vegan Parmesan optional  
sprinkle Fresh basil leaves  
sprinkle Almond roasted flakes

## Suggestion & Tips

Keep chickpea juice (Aquafaba) & freeze as it has many uses, use different herbs, select half the amount for starters.

## Method

**Step 1** - Drain chickpeas, place in a bowl & crush, a potato crusher does good for this job.

**Step 2** - Heat a pan large enough to take the pasta later, add chopped onion & olive oil, fry until light brown, add garlic & chilli, fry 1 min more, add crushed chickpeas, tomato passata, veg stock, smoked paprika, dried herbs & black pepper, stir & cook for 10 mins.

**Step 3** - Meanwhile cook pasta in salted water until just cooked al dente, then drain in a colander.

**Step 4** - Add spinach to the sauce & allow to wilt, add cooked pasta, stir in & plate.

**Step 5** - Garnish plates.