

Pasta With Chickpea Sauce

BATCH SIZE: 1x YIELD: 4 servings SHELF LIFE: 4 Days

Ingredient

500 g Pasta (any shape)

For chickpea sauce:

230 g Chickpeas cooked

200 g Plant Milk or water

10 g Soy Sauce

1 g Garlic Powder

Fried onion:

150 g Onion sliced

50 g Vegetable Oil

to taste Salt

Other:

100 g Carrots

sprinkle Herbs fresh, chopped

drizzle Extra Virgin Olive Oil

Prep Method

1. Cook the pasta according to the instructions on the packaging.
2. For the chickpea sauce, blend everything together until smooth.
3. Slice the onion and pan-fry it on medium heat until crispy.
4. Coarsely grate the carrots and add them to the sauce. Bring the sauce to a boiling point and mix with cooked pasta before serving. Add a sprinkle of chopped fresh herbs and a drizzle of olive oil.

Notes:

- If your blender is not powerful enough, you can strain the sauce through a strainer to make sure you have a nice smooth sauce. (Leftovers from straining can be quickly fried on a pan for a crispy topping.)
- Make sure you are using unsweetened plant milk that is neutral in flavour, such as oat milk or soy milk.
- I chose parsley for this recipe, but feel free to use your favourite fresh herbs.
- The carrot is optional and can be swapped for anything else that you like.

Leftovers:

- Keep the sauce in fridge in an airtight container for up to four days, or keep in freezer and use as needed.