



CREAMY EGGPLANT & CHICKPEA PASTA

Looking for a quick, healthy, and family-friendly pasta recipe? This creamy eggplant & chickpea pasta is the perfect answer! Packed with roasted eggplant, protein-rich chickpeas, and a silky tahini-garlic sauce, it's a vegan pasta dish that's both nourishing and comforting. Whether you enjoy it warm for dinner or cold the next day, this dish is incredibly versatile. It makes a refreshing lunchbox meal for kids, a nutritious work lunch idea, or a wholesome weeknight dinner the whole family will love.

 20 hours 1 hour 4 portions

INGREDIENTS

- 400 grams of pasta, white, dried, raw
- 1 liter of beverages, water, tap, drinking [1000 g]
- 600 grams of eggplant, raw
- 200 grams of chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids
- 1 tablespoon of oil, olive [11 g]
- 1 teaspoon of paprika [3 g]
- 100 grams of garlic, fresh
- 50 grams of garlic, fresh
- 1 level teaspoon of salt [5 g]
- 2 heaped teaspoons of tahini paste [38 g]
- 1 measure of lemon juice, fresh [10 g]
- 100 grams of cumin seeds
- 1 level teaspoon of pepper, black [2 g]

COOKING METHOD

- 1° Step 1 – Cook the pasta Bring water to a boil, season with salt, and cook the pasta until al dente. Drain and set aside.
- 2° Step 2 – Prepare the eggplant Soak the diced eggplant in salted water for 20 minutes. Drain well.
- 3° Step 3 – Roast the eggplant Spread the eggplant on a tray, drizzle with olive oil, sprinkle with paprika, and roast at 160°C for 40 minutes until tender and golden.
- 4° Step 4 – Roast the garlic Cut the tip off the garlic head, drizzle with olive oil, season with salt, wrap in foil, and roast alongside the eggplant for 40 minutes.
- 5° Step 5 – Make the creamy sauce Blend most of the roasted eggplant with the roasted garlic, lemon juice, tahini, cumin, black pepper, and salt until smooth and creamy.
- 6° Step 6 – Mix everything together Toss the pasta with the creamy sauce, add the remaining roasted eggplant pieces, and fold in the chickpeas.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (630 g)	% DRI
ENERGY	91 kcal	574 kcal	29 %
PROTEIN	4 g	25 g	49 %
CARBOHYDRATE	16 g	103 g	40 %
SUGARS	2 g	11 g	12 %
FAT	3 g	17 g	25 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	10 %
FIBER	2 g	13 g	52 %
SODIUM	108 mg	677 mg	28 %