

Roasted Chickpea & Tomato Pasta Sauce

Bialik College Kitchen Garden Program

Ingredients:

- 1 can chickpeas, rinsed & drained and dried
- 1 tablespoon olive oil
- 3 tablespoons parsley, chopped
- pinch sea salt
- 3 tablespoons panko bread crumbs
- 1 tablespoon parmesan cheese, grated
- sauce:
- olive oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 carrots, grated
- 500gm crushed tomatoes
- 1 tablespoon chopped parsley
- salt/pepper
- garnish: grated parmesan

Equipment:

- sieve
- paper towel
- baking tray
- grater
- chopping board
- knife
- metric measuring spoons/cups
- saucepan
- wooden spoon

Method:

1. Preheat oven to 180C.
2. Place drained, washed and dried chickpeas in a bowl and toss with olive oil, salt, herbs, panko crumbs and parmesan cheese.
3. Place chickpeas on a lined baking tray and bake for 20 minutes or until golden.



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4. Whilst chickpeas are baking, place the olive oil, onions and carrots into a saucepan over low heat. Cook until onions/carrots have softened. (10 minutes)
5. Add garlic, parsley and tomatoes. Season to taste.
6. Cook for 15-20 minutes, stirring occasionally.
7. Place a packet of pasta in a saucepan of salted boiling water. Cook according to packet instructions.
8. Place cooked pasta on a serving platter, top with tomato sauce and crispy chickpeas.
9. Sprinkle with parmesan cheese and serve.