



# SPICY LEMON CHICKPEA & RAPINI PASTA

SERVES 2 OR 4

TIME: 20 MIN

CALORIES: 580/SERVING



Perfectly cooked pasta gets mixed with crispy chickpeas and garlic, spicy rapini, a big squeeze of lemon juice and a generous sprinkle of nutritional yeast for an incredibly easy meal that comes together in 20 minutes.

## WHAT YOU'LL NEED

- Grater (for zesting)
- Large pot
- Large pan
- Oil
- Salt
- Pepper





## WHAT'S INSIDE

2 servings

4 servings

Fusili	200 g	400 g
Garlic	2 cloves	4 cloves
Rapini	1 bunch	2 bunches
Chickpeas	1 cup	2 cups
Lemon	1	2
Chilli flakes	1/4 tsp	1/2 tsp
Nutritional yeast	3 tbsp	6 tbsp

Nutrition Facts		Valeur nutritive	
Per Serving (687 g)			
pour 1 (687 g)			
<b>Calories 580</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b> 3.5 g			5 %
Saturated / saturés 0.5 g			3 %
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 114 g			
Fibre / Fibres 12 g			43 %
Sugars / Sucres 5 g			5 %
<b>Protein / Protéines</b> 26 g			
<b>Cholesterol / Cholestérol</b> 0 mg			0 %
<b>Sodium</b> 410 mg			18 %
Potassium 900 mg			19 %
Calcium 125 mg			10 %
Iron / Fer 4 mg			22 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Bring a large pot of **salted water** to a boil over high heat. Prep your ingredients: Roughly chop the **rapini**, thinly slice the **garlic**, rinse the **chickpeas**, and zest half the **lemon** then slice it in half, cutting one half into wedges.



Cook the **pasta** until it is almost fully cooked, approximately 7-9 minutes. Reserve 1/2 cup of **pasta water** (1 cup for 4 servings).



While the pasta cooks, heat 2 tbsp of **oil** (4 tbsp for 4 servings) of oil in a large pan over medium heat. Add the **chickpeas** and **garlic**, season with **salt** and **pepper**, and cook for 5 minutes. Add in the **rapini** and **chilli flakes (optional)** and cook for 3 minutes.



Transfer the **pasta** to the pan along with the **reserved pasta water**, **nutritional yeast**, **lemon zest**, and **juice of half the lemon**. Cook, tossing constantly, until the dish is well combined and the pasta is fully cooked.



Serve with **salt** and **pepper** to taste and the **lemon wedges**.