



INGREDIENTS

- Long & Short Plant Protein Spaghetti - 100g
- Olive oil - 2 tablespoons
- Chickpeas, boiled - 100g
- Red Kidney Beans, boiled - 100g
- Onion, chopped - 1 small
- Garlic, minced - 2 cloves
- Chilli powder - 2 teaspoon
- Cumin, ground - 2 teaspoon
- Oregano - 1 teaspoon
- Salt - 1/2 teaspoon
- Black Pepper, ground - 1/4 teaspoon
- Chicken/vegetable broth - 2 cups
- Sweet Corn - 1/2 cup
- Parmesan cheese - 1/4 cup
- Sliced scallions, chopped cilantro, diced tomatoes and/or sour cream (optional)

STEPS FOR COOKING



01 Sauté garlic, onions and the minced chicken with the seasonings for 7-8 minutes.



02 Add water/broth, corn and pasta.



03 Bring it to a boil, then reduce the heat to a simmer.



04 Cover and simmer until the pasta is cooked but firm and most of the liquid is absorbed.



05 Remove from heat, sprinkle and stir in the parmesan cheese.



06 Garnish with scallions, halved cherry tomatoes, cilantro and sour cream if desired.