

PROTEIN PACKED POWER PASTA



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)

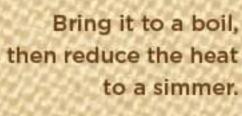
STEPS FOR COOKING



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



Add water/broth, corn and pasta.





Cover and simmer until the pasta is cooked but firm and most of the liquid is absorbed. Remove from heat, sprinkle and stir in the parmesan cheese.



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