



FAST. EASY. FRESH.

CHICKPEA AND CHERRY TOMATO PENNE ALFREDO WITH KALE, LEMON, AND BASIL

1. To start, set a large pot of salted water to a boil. Once boiling, add the **penne** and cook for 8-10 minutes. Drain and set aside.

2. Meanwhile, cut the **cherry tomatoes** in half, pick the leaves off the **kale** stalks into small pieces, and roughly chop the **basil**. Peel and mince the **garlic**. Drain and rinse the **chickpeas**.

3. Next, heat 2 Tbsp. of **oil** in a medium pan over medium heat. Add the **chickpeas, garlic powder, and jardinette seasoning** and cook for 3-4 minutes. Add the **tomatoes and kale** and cook for 4-5 minutes. Add **salt and pepper** to taste. Add the **garlic** and cook for 1-2 minutes longer. Remove from the pan and put in a bowl.

4. Add the remaining 2 Tbsp. **oil** to the same pan. Add the **flour**, mix well, and cook for 1-2 minutes. Add the **oat milk** and whisk until everything becomes a smooth sauce. Reduce the heat to medium-low, add the **mozzarella** and stir until the cheese is melted.

5. Add **salt and pepper** to taste. Add a squeeze of **lemon juice**. Add the cooked **pasta** and **vegetables** to the pan with the sauce.

6. To serve, spoon the pasta into dishes and garnish with the **basil** and another squeeze of fresh **lemon juice**. Enjoy!



Ingredients (4 Person Serving – 772 Calories Per Serving)

Olive Oil	4 Tbsp.	Oat Milk	2 Cups
Penne	400 g	Lemon	1
Plant-Based Mozzarella	200 g	Garlic	4 Cloves
Cherry Tomatoes	50	Garlic Powder	2 tsp.
Kale	1 Bunch	Jardinette Seasoning	2 tsp.
Fresh Basil	16 g	Salt and Pepper	To taste
Chickpeas	1 540 ml Can		
All-Purpose Flour	40 g		

35 Minute Cook Time!