



PASTA E CECI WITH ROSEMARY GARLIC OIL AND GARLIC BREAD

FAST. EASY. FRESH.

1. Start by preheating your oven to 400°F. Drain and rinse your **chickpeas** and finely chopping the leaves of the **rosemary**. Peel four cloves of **garlic** and smash with the flat side of a large knife. Finely mince two cloves of garlic, and leave the last clove whole but cut off one end.

2. Next, heat 4 Tbsp. **olive oil** in a medium-sized pot over medium heat until it shimmers. Add the smashed garlic and cook, stirring until it becomes lightly browned, but very fragrant. Stir in the **tomato paste**, 2 tsp. **sea salt**, and a good pinch of **pepper** and cook for 30 seconds longer.

3. Add the chickpeas, **ditalini pasta**, and **hot water**. Stir to scrape up any browned bits on the bottom of the pot, lower the heat, and simmer until the pasta is cooked and a lot of the liquid has been absorbed, about 10-15 minutes. Taste and adjust the seasoning as desired.

4. Meanwhile, make the rosemary garlic oil by heating 4 Tbsp. olive oil in a small hot over medium-low heat with the minced clove of garlic, rosemary, **red pepper flakes**, and a pinch of salt until sizzling. Pull the oil off the heat as soon as the garlic starts taking on colour.

5. To make the garlic bread cut the **buns** in half and drizzle the halves with the remaining 1 Tbsp. olive oil and then place in the oven for 4-8 minutes, depending on your desired level of browning. Remove from the oven and then immediately rub with the cut end of your remaining garlic clove.

6. To serve, spoon the pasta and chickpeas into bowls, drizzle with the rosemary garlic oil, and serve alongside the garlic bread. Enjoy!

Ingredients (4 Person Serving – 720 Calories Per Serving)

Olive Oil	9 Tbsp.	Hot water	4 Cups
Garlic	7 Cloves	Fresh Rosemary	2 Sprigs
Tomato Paste	6 Tbsp.	Red Pepper Flakes	Pinch
Sea Salt	2 tsp.	Ciabatta Buns	4
Chickpeas	1 796 ml Can	Salt and Pepper	To taste
Ditalini Pasta	110 g		



35

Minute
Cook
Time!