ITALIAN · DINNER · LUNCH

Pasta e Ceci: One-Pot Pasta with Chickpeas

40 min · Serves 4 · 835 kcal a serve · Video 15:01 · Vincenzo's Plate

No nuts listed

Chickpeas blended into a cream make the sauce rich without cream, and pasta with a legume gives each bowl about 16 g of fibre and nearly 30 g of protein in one pot.

Diet notes: Vegan if you leave out the pecorino; Vegetarian with a vegetarian hard cheese instead of the pecorino (traditionally made with animal rennet); Low saturated fat (6 g, 6% of the energy); No dairy if you leave out the pecorino.

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Ingredients 13 · SERVES 4

- [ ] 12 oz **ditalini rigati** (or other short pasta)
- [ ] 2 × 15 oz cans **chickpeas**, drained and rinsed
- [ ] 1 **carrot**, very finely chopped
- [ ] ¼ **onion**, finely chopped
- [ ] 1 **garlic** clove, crushed
- [ ] 1 × 14.5 oz can whole peeled **tomatoes**, crushed
- [ ] 1 sprig **fresh rosemary** (plus a little to garnish)
- [ ] 3–4 **bay leaves**
- [ ] 4–5 tbsp extra **virgin olive oil** for the soffritto + 2–4 tbsp blended into the chickpeas
- [ ] grated **pecorino**, as much as you like (about 1½ oz), to serve (optional; leave it out for a vegan version)
- [ ] **salt**, to taste (go easy)
- [ ] **black pepper**, to taste
- [ ] about 2½ mugs **water**, added gradually (most is absorbed by the pasta)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Drain and rinse the chickpeas, keeping the two cans separate. Blend one can with 2–4 tbsp olive oil and 2–3 tbsp water into a smooth cream. Crush the tomatoes. 1:01
2. Warm 4–5 tbsp olive oil in a large pot over low heat; add the finely chopped carrot and onion with the bay leaves and rosemary sprig. Cover and cook 5 minutes. 2:29
3. Add the crushed garlic and 2 tbsp water, cover and cook 5 more minutes. Strip the rosemary leaves into the pot and discard the stem. 3:47
4. Stir in the crushed tomatoes and the whole chickpeas and season lightly with salt and pepper. Fish out the bay leaves. 5:05
5. Add the dry pasta and stir to coat, then add a mug of water and cook over higher heat like a risotto, stirring and adding a second mug as needed, for about 10 minutes. 6:37
6. When the pasta is nearly al dente stir in the chickpea cream (plus a splash of water) and cook 2–3 minutes until creamy, not runny. Off the heat, stir in pecorino if using and top with chopped rosemary. 9:37

> **Tip** Use wholewheat ditalini for extra fibre and skip the pecorino to keep it vegan. Keep stirring so the pasta does not stick, and add water a little at a time.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
835 kcal	29 g	107 g	16 g	34 g	970 mg
3,490 kJ	58% of a day	91 g net · 13 g sugars	59% of a day	6 g saturated	42% of a day
		39% of a day		43% of a day	

Energy from net carbs 46% · protein 15% · fat 39%

High in (20%+ of a day) Selenium 106% · Folate 65% · Iron 37% · Vitamin E 37% · Zinc 33% · Magnesium 29% · Vitamin B6 26% · Vitamin K 25% · Vitamin A 21%

Source of (10–19%) Calcium 19% · Omega-3 19% · Potassium 18% · Vitamin C 15%

Recipe and video: Vincenzo's Plate (@vincenzosplate) on YouTube — youtube.com/watch?v=R3HQr5Dhmfc, published 27 January 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pasta-e-ceci