

Italian Chickpea and Spinach Pasta

A budget-friendly twist on traditional Italian flavors combining protein-rich chickpeas with wholesome spinach and pasta.

Quick, hearty, and perfect for students seeking an affordable meal.



Italian

20 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 100g dried pasta (penne or spaghetti)
- 1/2 cup canned chickpeas, drained and rinsed
- 1 handful fresh spinach
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- 1/4 tsp chili flakes (optional)
- Grated Parmesan or nutritional yeast (optional)

Steps

- 1 Cook pasta according to package instructions until al dente, then drain.
- 2 While pasta cooks, heat olive oil in a pan over medium heat.
- 3 Add minced garlic and sauté for 1-2 minutes until fragrant.
- 4 Add chickpeas to the pan and cook for 3-4 minutes, stirring occasionally.
- 5 Toss in spinach and cook until wilted, about 2 minutes.
- 6 Add cooked pasta to the pan and mix well with chickpeas and spinach.
- 7 Season with salt, pepper, and chili flakes if using.
- 8 Serve hot topped with grated Parmesan or nutritional yeast if desired.