



Chickpea & Spinach Pasta

by Clinton Kelly



Creamy, garlicky pasta with crispy chickpeas and bright lemon—comfort food with a smart shortcut.

Prep Time:
15 Mins

Cook Time
25 mins

Serves:
4 Servings

Level:
Beginner

Ingredients

- 1 lb pasta (shells preferred)
- ¼ cup olive oil
- 1 (15-oz) can chickpeas, drained and dried
- 6 garlic cloves, thinly sliced
- 2 tbsp chopped rosemary
- Red pepper flakes, to taste
- 2 (5-oz) boxes baby spinach
- 5 oz hummus
- Zest and juice of 1 lemon
- Salt & black pepper
- Parmesan cheese (optional)

Instructions

Step 1:

Cook pasta in well-salted water until al dente; reserve 1 cup pasta water.

Step 2:

Heat olive oil in a large pan. Fry chickpeas until golden and crisp; remove and set aside.

Step 3:

In the same pan, sauté garlic, rosemary, and red pepper flakes until fragrant.

Step 4:

Add spinach in batches and cook until fully wilted.

Step 5:

Stir in hummus and loosen with pasta water to create a creamy sauce.

Step 6:

Add pasta and reserved chickpeas; toss to coat.

Serving & Finishing

- Finish with lemon zest, lemon juice, and Parmesan if using.