



Product Spotlight: Chickpeas

As a legume, chickpeas are a vegetable and protein food, helping you hit two important food groups together!



Za'atar Pasta with Marinated Tomatoes

Brown butter pasta tossed with a Middle Eastern za'atar spice blend and feta cheese, topped with crispy chickpeas and lemon marinated tomatoes.



30 minutes



2 servings



Vegetarian

Switch it up!

You could roast the tomatoes, chickpeas and feta in the oven if you prefer a warmer dish. Toss the pasta into the oven dish to coat with the melted feta cheese.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	26g	135g

FROM YOUR BOX

LONG PASTA	500g
LEMON	1
CHERRY TOMATOES	200g
PARSLEY	1 packet
TINNED CHICKPEAS	400g
ZA'ATAR SPICE	1 packet
BROWN ONION	1
RED CAPSICUM	1
FETA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

You can cook the chickpeas in the same frypan as the vegetables instead of roasting. Roasting the chickpeas will give you a crispy finish.

Za'atar spice: sesame seeds, sumac, dried oregano, potato fibre, dried coriander, salt, canola oil, food acid.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Set oven to 220°C (see notes).

Bring a saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions or until al dente. Reserve **1/2 cup pasta water** before draining. Set aside.



4. SAUTÉ THE VEGETABLES

Meanwhile, dice onion and capsicum. Add to a large frypan with **olive oil** over medium-high heat. Cook for 5 minutes until softened.



2. MARINATE THE TOMATOES

Whisk together 1/2 lemon zest and juice (wedge remaining) with **2 tbsp olive oil, salt and pepper**. Quarter tomatoes and chop parsley. Add to dressing and set aside to marinate.



5. TOSS THE PASTA

Add **1 tbsp butter** to pan. When beginning to brown, stir in **reserved pasta water** and crumble in 1/3 packet feta cheese. Toss in pasta and remaining za'atar spice until coated. Season with **salt and pepper** to taste.



3. ROAST THE CHICKPEAS

Drain and pat chickpeas dry. Toss on a lined oven tray with 1 tsp za'atar spice, oil, salt and pepper. Roast for 15 minutes until crispy.



6. FINISH AND SERVE

Divide pasta among shallow bowls. Top with crispy chickpeas and marinated tomatoes. Garnish with remaining feta cheese to taste and serve with lemon wedges.

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