Pantry Tahini Pasta with Chickpeas

Prep: 10 minutes • Cook: 20 minutes

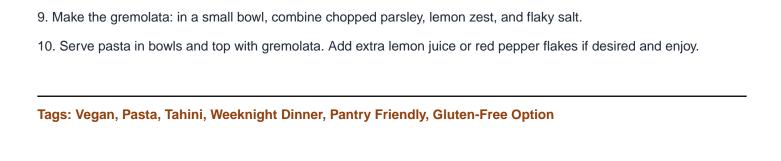
Al dente pasta, broccoli, and chickpeas are cloaked in a silky tahini–miso sauce, then brightened with a zesty parsley-lemon gremolata. Comforting, creamy, and umami-rich with a fresh citrus lift.

Ingredients

- 1 tablespoon, plus more to taste kosher salt
- 8 ounces pasta (gluten-free if necessary)
- 3 cups broccoli florets (cut into bite-sized pieces)
- 1 lemon (zested and juiced, divided)
- 1 tablespoon mellow miso paste
- 1 tablespoon olive oil
- 5 cloves garlic (minced)
- 1/4 teaspoon ground cumin
- 1/4 teaspoon red pepper flakes (plus more to taste)
- 1/3 cup tahini (drippy)
- 1 (15.5 ounce) can chickpeas (drained and rinsed)
- 1/3 cup parsley (chopped (or substitute basil))
- 1/4 teaspoon flaky salt

Instructions

- 1. Bring a large pot of water to a boil and stir in 1 tablespoon kosher salt. Add pasta and cook until al dente per package instructions, stirring occasionally.
- 2. During the last 5 minutes of pasta cooking, add broccoli florets to the pot. Reserve 1 1/2 cups pasta water, then drain pasta and broccoli (do not rinse) and set aside.
- 3. While pasta cooks, combine lemon juice and miso paste in a small bowl. Mash and stir until the miso fully dissolves into a thick, smooth mixture; set aside.
- 4. Heat olive oil in a large skillet over medium heat. Add minced garlic, ground cumin, and red pepper flakes; sauté 1 to 2 minutes until the garlic just begins to brown.
- 5. Stir in tahini and cook about 1 minute to lightly toast.
- 6. Whisk in the miso-lemon mixture until combined.
- 7. Gradually stream in reserved pasta water, about 1/4 cup at a time, whisking until the sauce is smooth and glossy. Season with additional salt or red pepper flakes to taste.
- 8. Add drained chickpeas, the cooked pasta, and broccoli to the skillet. Toss until evenly coated and warmed through,



then remove from heat.

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