

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.

9. Make the gremolata: in a small bowl, combine chopped parsley, lemon zest, and flaky salt.

10. Serve pasta in bowls and top with gremolata. Add extra lemon juice or red pepper flakes if desired and enjoy.

Tags: Vegan, Pasta, Tahini, Weeknight Dinner, Pantry Friendly, Gluten-Free Option

Recipe saved with Recipio - recipio.app