



Vegan Creamy Chickpea & Spinach Pasta

with Lemon-Chili Oil



30-40min



2 Servings

Vegan dishes have come a long way, and this pasta is no exception. Shallots sauté in chickpea juice, bringing an earthiness to the delicate alliums. The addition of tahini and lemon juice brings tangy creaminess, while nutritional yeast adds a savory element similar to cheese. We toss spaghetti, spinach and dill in the deeply flavorful sauce, drizzled with chili oil. A garnish of baked chickpeas adds a final satisfying crunch.

What we send

- 15 oz can chickpeas
- 1 lemon
- ¼ oz fresh dill
- 1 shallot
- 1 pkt crushed red pepper
- 6 oz spaghetti ¹
- 1 oz tahini ¹¹
- 1 oz nutritional yeast
- 3 oz baby spinach

What you need

- kosher salt & ground pepper
- 5 Tbsp olive oil

Tools

- large pot
- fine-mesh sieve or colander
- rimmed baking sheet
- microplane or grater
- microwave
- medium nonstick skillet

Allergens

Wheat (1), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 50g, Carbs 111g, Protein 36g



1. Roast chickpeas

Preheat oven to 425°F with a rack in the center. Bring a large pot of **salted water** to a boil.

Drain **chickpeas**, reserving liquid for step 5. Rinse and dry well. Directly on a rimmed baking sheet, toss chickpeas with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on center oven rack until browned, 18-20 minutes, shaking baking sheet halfway through.



4. Boil pasta

Add **spaghetti** to pot of boiling water and cook until al dente, about 9 minutes. Reserve **¾ cup pasta water** and drain pasta. Toss spaghetti with **a drizzle of olive oil** to prevent sticking.



2. Prep ingredients

Meanwhile, zest **lemon** and squeeze **1 tablespoon lemon juice**; cut remaining into wedges. Pick **dill fronds** from stems and coarsely chop; discard stems. Halve **shallot** and finely chop one half (save rest for own use).



5. Build sauce

Heat **2 teaspoons oil** in a medium nonstick skillet over medium. Add **shallots** and cook, stirring, until softened, about 1-3 minutes. Add **½ cup reserved chickpea liquid** and bring to a simmer. Add **tahini, lemon juice, 2 tablespoons nutritional yeast**, and **½ teaspoon lemon zest**; stir until combined. Thin out with **⅓ cup pasta water** and season to taste with **salt** and **pepper**.



3. Make chili oil

Microwave **3 tablespoons oil** in a small bowl until sizzling, 1-2 minutes. Add **crushed red pepper flakes** and **half of the lemon zest**. Stir to combine and set aside for step 6.



6. Finish sauce

Add **pasta, spinach**, and **half of the dill**; toss until pasta is evenly coated and spinach is wilted. Thin sauce with more pasta water, 1 tablespoon at a time, if necessary. Stir in **half of the roasted chickpeas**. Transfer to plates and garnish with **remaining dill, chickpeas, and nutritional yeast**. Drizzle with **lemon chili oil** and serve with **lemon wedges**. Enjoy!