



## Lemon-Parmesan Pasta

with Chickpeas, Tomatoes & Kale



20-30min



2 Servings

We marinate chopped tomatoes with crushed red pepper flakes, salt, and olive to enhance the flavor, then toss it all together with sautéed kale, chickpeas, and tender pasta. Once combined, it's finished with mint and lemon for a burst of fresh flavor.



## What we send

- garlic
- 1 bunch curly kale
- 15 oz can chickpeas
- ¼ oz fresh mint
- 1 lemon
- ¾ oz Parmesan <sup>1</sup>
- 2 plum tomatoes
- 1 pkt crushed red pepper
- 6 oz gemelli <sup>2</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large pot
- microplane or grater
- large skillet

### Allergens

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 580kcal, Fat 18g, Carbs 101g, Protein 28g



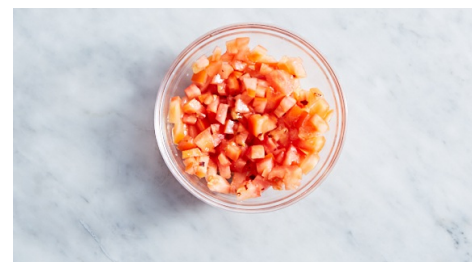
### 1. Prep ingredients

Bring a large pot of **salted water** to a boil. Finely chop **2 cloves garlic**. Remove stems and ribs from **kale**; stack and thinly slice leaves. Drain and rinse **chickpeas**. Pick **mint** from stems and thinly slice leaves. Halve **lemon**; juice one half and cut the other half into wedges. Grate **Parmesan**, if necessary.



### 4. Cook pasta

Meanwhile, add **pasta** to boiling water and cook until al dente, 8-11 minutes. Drain, reserving **¾ cup pasta water**. Return pasta to pot.



### 2. Marinate tomatoes

Remove cores from **tomatoes** then seed, finely chop, and transfer to a medium bowl. Add **¼ teaspoon of crushed red pepper** (or less depending on heat preference) and **1 teaspoon oil**. Season to taste with **salt** and **pepper**. Stir to combine.



### 5. Combine ingredients

Add **kale and chickpea mixture** to pot with **pasta** along with **marinated tomatoes** and **½ cup of reserved pasta water**. Cook over medium-high heat, stirring occasionally, until tomatoes are slightly softened, about 1 minute.



### 3. Sauté kale & chickpeas

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **garlic** and cook until softened, about 1 minute. Add **kale** and **chickpeas** and season with **salt** and **pepper**. Cook until kale is wilted, about 4 minutes. Remove skillet from heat.



### 6. Finish

To pot, add **mint**, **1½ teaspoons lemon juice**, and **half of the Parmesan**. Add **2 tablespoons pasta water** and cook, stirring gently until sauce is slightly creamy, 1-2 minutes. Season with **salt** and **pepper** and spoon into bowls. Drizzle with **olive oil** and sprinkle with **remaining Parmesan**. Serve **lemon wedges** and any **remaining crushed red pepper** alongside. Enjoy!