



Hummus pasta with vegetables

Original Italian pasta made from protein-rich green peas meets deliciously creamy hummus and fresh vegetable and tomato sauce.

Zutaten

3 Portionen

Hummus ingredients

- 1 Can Chickpeas
- 1 Garlic clove
- 30 g Tahini (alternatively almond butter)
- 2 EL Extra virgin olive oil, from Greece
- 0.5 TL Herbal salt
- 0.5 TL Pepper
- 0.25 TL Paprika, sweet
- 6 EL Water
- 1.5 EL Lemon juice
- 2 EL fresh herbs (e.g. chives & parsley)

Sauce ingredients

- 1 Pack Cellentani, green pea
- 1 Garlic clove
- 2 Onions
- 1 Zucchini
- 150 g Dried tomatoes in oil
- 20 g Tomato vegetable pulp
- 1 EL Mediterranean fried olive

Zubereitung

Preparation of hummus

Drain the chickpeas and blend with the other ingredients for the hummus (except the fresh herbs) until creamy. Finally, fold in the herbs.

Preparation of pasta

Cook the pasta according to the packet instructions, reserving some of the water for the sauce.

Finely chop the onions and garlic, cut the sun-dried tomatoes into small pieces and slice the zucchinis. Sauté the vegetables in oil, briefly add the tomato and vegetable pulp.

Then add the hummus to the vegetables. Add about a ladleful of the pasta water until you have a creamy sauce. Depending on the desired consistency, you can also add more water to the sauce. Carefully stir in the Cellentani and season with salt and pepper to taste.