Main dishes / Netherlands

wholewheat pasta with white beans and carrot · Netherlands

A modern Netherlands-inspired noodle or pasta dish with carrot and drained cooked white beans.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g wholewheat pasta
- ☐ 500 g carrot
- ☐ 1 g ground nutmeg
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked white beans
- ☐ 15 g mild mustard
- ☐ 10 g chives

Let's make it.

01 Cook the wholewheat pasta according to the packet. Reserve a cup of cooking water, then drain.

02 Clean the carrot and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the carrot and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Rinse and drain the drained cooked white beans, then heat until piping hot throughout.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the mild mustard, ground nutmeg, chives and taste before serving.

AI-developed, not kitchen-tested.

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