Main dishes / United States

macaroni with chickpeas and courgette · United States

A modern United States-inspired noodle or pasta dish with courgette and drained cooked chickpeas.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g macaroni
- ☐ 500 g courgette
- ☐ 2 g ground cumin
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked chickpeas
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley

Let's make it.

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

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

03 Heat the oil and soften the onion for five minutes. Add the courgette 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 chickpeas, then heat until piping hot throughout.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the smoked paprika, ground cumin, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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