



Zucchini Chickpea Farfalle



Time: 40 min.

Difficulty: Medium

Ingredients (4 people)

• Ingredients

- Chopped Tomatoes 750g 750 gr
- Baby Bella mushrooms (or any white mushrooms) 8 oz
- Canned chickpeas, rinsed and well-drained 1 ½ cup
- Chopped fresh parsley leaves 1 handful
- Crushed red pepper flakes Optional
- Extra virgin olive oil To taste
- Grated Parmesan Reggiano 1/3 cup
- Italian Farfalle Pasta, or pasta of your choice 3/4 lb
- Minced fresh garlic 2 tsp
- Salt To taste
- Zucchini squash 1 ½ lb, halved lengthwise, then sliced ½ inch thick

• Sauce

- Black pepper ½ tsp
- Dried bay leaves 2
- Dried oregano 1 tsp
- Dried thyme 1 tsp
- Salt 1 tsp

For this recipe we used:



Preparation

Toss the zucchini squash with ½ tbsp salt. Place in a large colander for about 20 minutes or so to drain. Pat dry.

In a large deep skillet or pan, heat 1 tsp extra virgin olive oil over medium-high heat. Add the zucchini and brown for 5 minutes or so, tossing regularly. (If you need to, brown the zucchini in batches. Do not crowd the skillet.) Transfer browned zucchini to a large plate and set aside for now.

In the same skillet, add a little more extra virgin olive oil. Brown the mushrooms for about 4 minutes, tossing regularly. Season with a pinch of salt. Transfer the mushrooms to the same plate as the zucchini and set aside.

Now make the sauce. In the same skillet, heat 3 to 4 tbsp extra virgin olive oil. Cook the minced garlic over medium heat until only golden (do not brown garlic). Add **Pomì chopped tomatoes** and bay leaves. Stir in 1 tsp salt, thyme, oregano, and black pepper. Raise heat to medium-high and bring to a boil, then reduce heat and cover the skillet. Simmer on low for 15 to 20 minutes covered.

Meanwhile, cook the pasta in plenty of salted boiling water with a little olive oil (see package instructions). It should take about 11 minutes or so. Reserve about ½ cup of the pasta cooking water for later use. Drain pasta.

Add the reserved ½ cup pasta water to the simmering Pomì sauce. Cook for another 3 mins or so, then add the cooked pasta. Using a wooden spoon, stir the pasta so that it's well-coated with Pomì tomato sauce.

Now add the cooked zucchini, mushrooms, and chickpeas. Stir, and cook for just a couple more minutes until everything is warmed through.

Transfer the pasta to a big pasta serving bowl. Toss in grated Parmesan and handful fresh parsley. Garnish with crushed red pepper, if you like. Serve and enjoy!

Recipe by Suzy Karadsheh of TheMediterraneanDish.com

- The Mediterranean Dish