# Pasta with Chickpeas

**Pasta e Ceci – A Recipe for Pasta with a Tomato-Based Chickpea Sauce**

Easy  3 Servings  30 min.



Pasta e Ceci, or pasta with chickpeas, is a regional specialty from Rome and the Lazio region in central Italy, on the Tyrrhenian Sea. Fresh herbs, mild garlic, sweet tomatoes, and olive oil give the chickpea sauce its Mediterranean flavor.

The type of pasta used varies from region to region. Many chefs in Rome, in particular, swear by short pasta shapes because, in their opinion, that's when the dish turns out best. In this recipe, we use girella pasta, but it tastes just as good with any other short pasta variety. Or you can simply choose the pasta size yourself: You can easily make fresh pasta at home using durum wheat semolina and water. With vegetable or meat broth, this pasta dish can also be served as a soup. Simply delicious.

## Ingredients

300 g cooked chickpeas

2 shallots

1 clove of garlic

1 sprig of rosemary

Salt

freshly ground black pepper

2 bay leaves

300 g ORO di Parma strained tomatoes

400 g Girella (or other short pasta, such as orecchiette or gobetti)

Water

80 g Montello

¼ bunch of parsley

80 ml olive oil

### Step 1: The Preparation

Peel the shallots and garlic, then chop both finely. You can grate the Montello afterward. Now wash the parsley, pat it dry, and chop it finely.

### Step 2: The Sauce

Heat half of the olive oil in a pot and add the shallots, garlic, and rosemary. Sauté the ingredients over medium heat. This gentle cooking process allows all the flavors to develop and brings out a pleasant sweetness. Next, add the chickpeas and the strained tomatoes. Season the sauce with bay leaf, salt, and freshly ground black pepper.

### Step 3: The Pasta: Girella

Add plenty of water to the tomato sauce and bring it to a boil. Add the pasta and let it continue to simmer. Make sure there's always enough liquid in the pot so the pasta cooks through. If necessary, you can add a little more water. Let everything cook until the pasta is al dente. The elegant spiral shape and rough surface of the pasta give it a special texture and allow it to hold onto extra sauce.

### Step 4: The Finale

Arrange the pasta e ceci on a plate and finish by seasoning it with olive oil and freshly ground black pepper. Sprinkle some grated Montello cheese and finely chopped parsley on top. Semplicemente delizioso!

**Used products:**



Diese und weitere leckere Rezeptideen findest du auf:
www.orodiparma.de/italienische-rezepte