

Orecchiette Pasta & Roasted Chickpeas

with Kale & Smoked Paprika

Here, pasta with chickpeas—or “pasta e ceci,” as the beloved dish is known in Italian—gets a delicious update. We’re using orecchiette, whose shape is just right for holding onto other ingredients. And for delightful texture, we’re roasting our chickpeas, turning them crispy on the outside and creamy on the inside, before tossing them with smoked paprika. (Be sure to dry your chickpeas as thoroughly as possible to ensure the perfect crisp!) Sautéed kale, briny capers and a lemon-butter sauce add plenty of brightness.



Ingredients

6 Ounces Orecchiette Pasta

1½ Cups Chickpeas

3 Cloves Garlic

1 Bunch Kale

1 Lemon

1 Yellow Onion

Knick Knacks

2 Tablespoons Butter

1 Tablespoon Capers

1 Teaspoon Smoked Paprika

¼ Cup Grated Parmesan Cheese

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 30 to 40 min

1



Prepare and roast the chickpeas:

Preheat the oven to 450°F. Line a sheet pan with a layer of paper towels. Drain and rinse the **chickpeas**; spread onto the paper towel-lined sheet pan. Using a second layer of paper towels, gently pat or roll the chickpeas to thoroughly dry; discard the paper towels and any loose chickpea skins. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast, stirring halfway through, 24 to 26 minutes, or until golden brown and crispy. Remove from the oven and add the **smoked paprika**; carefully toss to coat.

2



Prepare the ingredients:

While the chickpeas roast, wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and small dice the onion. Peel and mince the garlic. Remove and discard the kale stems; roughly chop the leaves. Roughly chop the capers. Quarter and deseed the lemon.

3



Cook the pasta:

While the chickpeas continue to roast, add the **pasta** to the pot of boiling water and cook 9 to 11 minutes, or until al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, drain thoroughly.

4



Cook the kale:

While the pasta cooks, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until softened. Add the **kale** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the kale has wilted and the liquid has cooked off.

5



Add the pasta & make the sauce:

While the chickpeas continue to roast, to the pan of kale, add the **cooked pasta**, **capers**, **butter**, **the juice of 2 lemon wedges** and **half the reserved pasta cooking water**; season with salt and pepper. Cook, stirring frequently, 2 to 4 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Remove from heat and season with salt and pepper to taste.

6



Finish & plate your dish:

Off the heat, add the **roasted chickpeas** to the pan. Stir to thoroughly combine; season with salt and pepper to taste. Divide the finished pasta between 2 dishes. Garnish with the **cheese**. Serve with the **remaining lemon wedges** on the side, if you'd like. Enjoy!