KIKKOMAN

Broccoli pesto spaghetti with honey glazed chickpeas

Nutritional facts (per portion):
3,071 kJ / 734 kcal

Fat: **28 g** Protein: **33 g**
Carbohydrates: **85 g**

INGREDIENTS

4 portion(s)

Pasta

300 g	spaghetti (large opening full)
250 g	broccoli
100 g	Parmesan cheese, finely grated
100 g	crème fraiche
40 g	pine nuts
3	cloves garlic, smashed
30 ml	Kikkoman Naturally Brewed Soy Sauce

Roasted chickpeas

20 g	Honey
50 ml	Kikkoman Naturally Brewed Soy Sauce
20 ml	tomato paste
20 ml	olive oil
400 g	drained canned chickpeas

Garnish

130 g	semi-dried tomato, store bought
10 g	pine nuts

PREPARATION

Step 1

Preheat the oven to 180C. Bring a stovetop steamer to boil or use a pan in which you can fit colander snuggly. Line a rimmed baking tray with parchment paper. Cut broccoli in roughly equal-sized florets. Place in the prepared stovetop steamer and cover with a fitting lid. Steam for 6 min. Place the steamed broccoli in food processor, add garlic, crème fraiche, 30 gr soy sauce, grated parmesan and 40 gr pine nuts. Process for one minute, scraping sides of the bowl if needed, to obtain a thick sauce.

Step 2

In a medium bowl, whisk honey, 50 gr soy sauce, tomato paste and oil. Add to the drained chickpeas and mix to coat. Place chickpeas on the prepared baking tray and cook in the oven for 20 min. Take out and let cool slightly.

Step 3

Bring water to boil in a large pan, season with salt generously and cook the spaghetti al dente according to the packaging instructions. Drain the spaghetti, saving 100 ml of cooking water. Mix spaghetti, saved water and the broccoli sauce in a large pan. Stir together over medium heat for one minute. Divide spaghetti over four plates and top with roasted chickpeas.