

Wholemeal Pasta with Tofu and/or Chickpeas.



Ingredients:

- *1 packet wholemeal pasta (penne, spaghetti, spirals, linguini etc)*
- *1 packet firm tofu (cut into small cubes)*
- *Chick peas (1 x 425g can organic chickpeas)*
- *Pasta sauce (good quality supermarket brand is ok..... or make your own!)*
- *1 large onion (chopped)*
- *1 clove garlic (minced)*
- *Small amount of olive oil*

Method:

- 1. Sauté the onions and garlic in a frypan with a small amount of olive oil until tender.*
- 2. Add the onions, garlic and tofu to pasta sauce and simmer on a low heat for 20 minutes.*
- 3. If using chick peas; drain chick peas from the can and wash under running water. Add to pasta sauce.(Alternatively, kidney beans, brown lentils etc can be used)*
- 4. Cook pasta as per instructions on packet (wholemeal pasta usually takes a little longer to cook)*
- 5. Strain pasta when cooked.*
- 6. Top pasta with sauce.*

** You can also top with savoury yeast flakes for a cheesy taste.*