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BROCCOLI, CHICKPEA, LEMON, PENNE

RECOMMENDED SELLING PRICE

R134.62*

Per Kg Rsp

R20.45*

Price Per Portion

*Guideline only. Will differ between regions.

100%
VEGAN
Recipe

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Yield: 1.22 kg



Prep Time: 20 min



Serves: 8



Cook Time: 30 min

INGREDIENTS



300 g
Penne pasta
(or any kind)



50 g
Olive oil



10 g
Garlic
(crushed)



10 g
**Robertsons
Veggie Seasoning**



300 g
Broccoli florets
or long stem



400 g
Chickpeas
with brine



20 g
Lemon juice



5 g
Zest of lemon



10 g
**Robertsons
Cajun Spice**



100 g
Walnuts
(toasted and
roughly chopped)



10 g
Italian parsley
(roughly chopped)

METHOD

1. Cook the pasta as per pack instructions and set aside.
2. Heat the oil in a pan, add the garlic, **Robertsons Veggie Seasoning** and broccoli, and fry for 2 min. Add the chickpeas with the brine, lemon juice, lemon zest and **Robertsons Cajun Spice** and allow to simmer on a medium heat for 8 min.
3. Add half the walnuts and parsley (reserve the remainder for garnish) add the pasta and toss through the mixture. Pour into a serving dish, garnish with the remaining walnuts and parsley and serve.

CHEF'S TIP

This dish is vegan friendly, and the chickpeas can be replaced with cooked lentils, cow peas or soya beans. Why not add raw baby spinach or beetroot leaves to this dish to add extra crunch, color, and texture.



NUTRITIONAL STATEMENTS

BROCCOLI, CHICKPEA, LEMON PENNE

Chickpeas (Koo Chickpeas in Brine [Chickpeas, water, salt (non-iodated)]), [Water, salt], broccoli florets, penne pasta [Durum wheat semolina, water], walnuts, olive oil, lemon juice (Woolworths Lemon Juice [Water, concentrated lemon juice (15%), sodium metabisulphite, antifoaming agents (dimethyl polysiloxane)]), garlic, Italian parsley, Robertsons Cajun Spice [Salt, radurised spices (17%) (pepper, nutmeg), chillies (13%), garlic powder, wheat flour (sulphur dioxide), monosodium glutamate (flavour enhancer), onion powder, anticaking agent (E551, E572), radurised parsley, vegetable oil (palm fruit) (contains antioxidant TBHQ), flavour enhancer (E631, E627)] and Robertsons Veggie Seasoning [Salt, sugar, onion, garlic, redbell peppers, parsley, organum, hydrogenated vegetable fat (palm fruit, TBHQ), food acid, paprika, chilli, tomato, black pepper, vegetable fat (palm fruit), flavour enhancers].

Allergens: Wheat gluten. Made in a factory that processes cow's milk, soya and eggs.