

Pasta with chickpeas and swiss chard

Ingredients

serves 2

- 100g wholegrain penne
- 1tbsp olive oil
- 1 onion, finely sliced
- 1 garlic clove, finely chopped
- Approx. 350g Swiss chard, separate leaves from stems, finely chop stems, slice leaves (alternative spinach)
- Approx. 10 pitted black olives, cut in half
- Approx. 70g tin chickpeas, rinsed and drained
- 1 small tin chopped tomatoes (approx. 100g)
- Salt and pepper
- Paprika powder
- Oregano
- 20g Parmesan, shaved



How it is done

1. Bring a pot with water for the pasta to a boil. Add some salt and cook the penne “al dente” according to the package instructions.
2. In a nonstick pan, heat the olive oil over medium heat and fry the onions until translucent. Add garlic and make sure it doesn't turn brown. Add the chard stems and cook for approx. 5 minutes. Add a little bit of water if necessary. Add the chard leaves and cook until the greens are completely wilted and tender.
3. Add the olives, chickpeas and chopped tomatoes, season with salt, pepper, paprika powder and oregano and let simmer for a short while.
4. Drain penne as soon as they are al dente, mix with the vegetables. Serve with shaved parmesan on top.

Tip: If you want more carbs, simply increase the amount of pasta.

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Chickpea and chard soup

Make an extra portion or two of the chickpeas and chard, and make them into soup the next day. Simply add around 300 ml of vegetable stock per portion to the leftover vegetables. Bring to the boil, season to taste and add a splash of single cream. Serve with a slice of wholemeal bread with sweet potato dip and a little Bündnerfleisch.