

Pasta e ceci alla Romana

This comforting pasta e ceci recipe – pasta with chickpeas – hails from Rome, where they add anchovies to this classic soup for a little kick.

Ingredients:

16 oz of tinned chickpeas

1 garlic clove

2 anchovies, chopped

2 tbsp of extra virgin olive oil, plus a drizzle at the end

1 tbsp of tomato purée, or diced tomatoes

1 sprig of rosemary, needles picked and roughly chopped

3 pints of stock, (beef or vegetable)

7 1/16 oz of pasta, small shapes such as ditalini or macaroni

sea salt

freshly ground black pepper

Directions:

To begin, drain and rinse the chickpeas. Set aside.

Slice the garlic clove and sauté in the extra virgin olive oil on a medium–low heat for about 1 minute or until fragrant. Add the anchovies and stir well until melted.

Add the tomatoes, chickpeas and rosemary. Stir then pour in the stock.

Season with salt to taste, mix well, cover and leave to cook for 15 minutes.

Cook the pasta of your choice in the chickpea soup, stirring often so the pasta doesn't stick to the bottom of the pan. You may need to add some warm water or extra stock depending on how long your pasta takes to cook. You want to keep the soup a bit runny, as it will thicken once off the heat.

Serve warm with freshly ground black pepper on the top and a drizzle of extra virgin olive oil.

