

DINNER

Babganoush-Hummus Pasta

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
43 min	20 min	23 min	4	\$2.47	737 kcal



Forget going out to eat or ordering takeout every time you crave middl eastern food.

Ingredients

☐ 4 servings Freshly ground black pepper	☐ 15 ounce chickpeas, drained canned
☐ 1 medium eggplant, peeled and chopped	☐ ¼ cup EVOO - Extra Virgin Olive Oil
☐ ½ cup coarsely chopped flat-leaf parsley	☐ 4 cloves finely chopped or grated garlic
☐ 1 teaspoon ground coriander	☐ 1 teaspoon ground cumin
☐ 1 lemon, zested	☐ ¼ cup toasted pine nuts
☐ 1 teaspoon crushed red pepper flakes	☐ 4 servings Salt
☐ 2 tablespoons tahini paste	☐ 1 cup vegetable stock
☐ 1 pound whole wheat penne	

EQUIPMENT Food processor, Frying pan, Sauce pan, Ladle, Pot

Method

- 1 Heat a large pot of water to a boil, salt water and cook pasta to al dente.
- 2 While water boils heat extra-virgin olive oil in a deep skillet over medium heat.
- 3 Add garlic and cook 1 to 2 minutes then add the eggplant and chick peas and stir to coat. Season the chick peas and eggplant with cumin, coriander, red pepper flakes, salt and pepper, cover with lid and allow to cook for about 10 minutes. Stir in lemon zest and continue to cook until eggplant has broken down, about another 5 to 10 minutes.
- 4 Remove the vegetables from the pan and place into a food processor fitted with blade attachment.
- 5 Add the vegetable stock and tahini paste and process until a sauce consistency.
- 6 Add the sauce back to the saucepan and heat over low heat until ready to serve.
- 7 Add a ladle of starchy cooking liquid to the sauce, drain pasta and toss pasta with chickpea-eggplant sauce 1 minute then top with parsley and pine nuts.
- 8 Place into a serving dish.

Nutrition per serving

737	23 g	29 g	98 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.4 g · 21% of daily needs
Fibre			17.9 g · 71% of daily needs
Sugar			7.4 g · 8% of daily needs
Sodium			744 mg · 32% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			16 mg · 19% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/babganoush-hummus-pasta-147961