

# Pasta with tahini sauce

Tahini is used in this recipe to create a delicious and creamy pasta sauce. If you have not tried tahini before, this is a great way to introduce it into your IWL plan.



- Serves : **6**
- Prep : **10 min**
- Cook : **15 min**

- Vegan
- Vegetarian
- Lactose free

Ingredients	Method
<ul style="list-style-type: none"> <li>• 500g wholemeal pasta</li> <li>• 1 tablespoon olive oil</li> <li>• 1 cup frozen peas</li> <li>• 1 cup frozen edamame</li> <li>• 1 x 400g tin chickpeas, drained and rinsed</li> <li>• Extra lemon juice, to serve</li> <li>• Sprinkle of sesame seeds, to serve</li> <li>• For the tahini sauce: <ul style="list-style-type: none"> <li>• ½ cup tahini</li> <li>• Zest and juice of 1 lemon</li> <li>• 1 garlic clove, minced</li> <li>• Handful parsley leaves</li> <li>• Handful basil leaves</li> <li>• Handful mint leaves</li> <li>• ½ cup water</li> <li>• 1 tablespoon olive oil</li> <li>• Black pepper</li> </ul> </li> </ul>	<ol style="list-style-type: none"> <li><b>1.</b> Bring a large saucepan of water to the boil over high heat. Add the pasta and cook for approximately 12 minutes until al dente. During the last minute of cooking, add in the frozen peas and edamame and cook until bright green but still crunchy. Reserve ½ cup of the pasta cooking water, then drain the pasta, peas and edamame.</li> <li><b>2.</b> Meanwhile, make the tahini sauce. In a small blender add the tahini, lemon zest, lemon juice, herbs and ½ cup of water. Blend until smooth. Stir in the olive oil and season with black pepper.</li> <li><b>3.</b> Add the pasta, peas and edamame back into the large saucepan but off the heat. Add in the chickpeas, then pour over the tahini sauce and the reserved pasta water. Stir to combine everything together.</li> <li><b>4.</b> Serve with an extra drizzle of lemon juice and scatter with sesame seeds. Enjoy!</li> </ol>