



# Spaghetti Hoop Pasta

Prep Time: 10 Minutes

Cook Time: 1 Hour

Serves 2

This unique recipe offers a low cost but nutritional, flavourful and filling dish. This is a low fat, low calorie meal that is rich in fibre and iron containing 2 of your 5 a day.

## Ingredients:

400g can chickpea, drained and rinsed  
6 garlic cloves peeled and chopped  
1 vegetable stock cube dissolved in 700ml  
of boiling water  
400g can chopped tomatoes  
1 tsp vinegar  
1 tbsp oil  
½ tsp mixed dried herb  
400g can spaghetti hoops  
Pinch of chilli powder



## Method:

1. Place a medium sauce pan on a medium heat and add the chickpeas, garlic and the stock. Bring this to a boil, then reduce to a simmer.
2. Then add the chopped tomatoes, vinegar, oil, herbs, salt and pepper and the chilli powder. Cook this on a medium heat for 10 minutes.
3. Tip the spaghetti hoops through a sieve into a separate bowl trying best to get rid of the sauce. Then tip the hoops into the pan and warm through for 2 minutes, then serve.

## Helpful tips:

- Leftovers can be refrigerated as long as cooled and then placed in an air tight container for 3 days.
- If you wanted to add a bit extra to the dish, peppers could be added or even something like chorizo to give extra flavour.