

# Broccoli Pesto Spaghetti with Honey Glazed Chickpeas

Nutritional facts (per portion):  
**3071 kJ / 734 kcal**

Fat: **28 g** Protein: **33 g**  
Carbohydrates: **85 g**

## INGREDIENTS

4 portion(s)

### Pasta

**300 g** spaghetti  
**250 g** broccoli  
**100 g** Parmesan cheese, finely  
grated  
**100 g** crème fraiche  
**40 g** pine nuts  
**3** cloves garlic, smashed  
**30 ml** [Kikkoman Naturally  
Brewed Soy Sauce](#)

### Roasted chickpeas

**20 g** Honey  
**50 ml** [Kikkoman Naturally  
Brewed Soy Sauce](#)  
**20 ml** tomato paste  
**20 ml** olive oil  
**400 g** drained canned  
chickpeas

## PREPARATION

### Step 1

Preheat the oven to 180C. Bring a stovetop steamer to boil or use a pan in which you can fit colander snugly. Line a rimmed baking tray with parchment paper. Cut broccoli in roughly equal-sized florets and place in the prepared stovetop steamer and cover with a well fitting lid. Steam for 6 mins. Place the steamed broccoli in food processor, add garlic, crème fraiche, 30ml soy sauce, grated parmesan and most of the pine nuts. Process for one minute, scraping sides of the bowl if needed, to obtain a thick sauce.

### Step 2

In a medium bowl, whisk honey, 50ml soy sauce, tomato paste and oil. Add to the drained chickpeas and mix to coat. Place chickpeas on the prepared baking tray and cook in the oven for 20 min. Take out and let cool slightly.

### Step 3

Bring water to boil in a large pan, season with salt generously and cook the spaghetti al dente according to the packaging instructions. Drain the spaghetti, saving 100 ml of cooking water. Mix spaghetti, saved water and the broccoli sauce in a large pan. Stir together over medium heat for one minute. Divide spaghetti between four plates and top with roasted chickpeas and a few more pine nuts.