

Vegan Chickpea Tuno Pasta Bake



Ingredients

- 1 can of chickpeas, drained and rinsed
 - 2 tbsp lemon juice
 - 4 tbsp hummus
 - 3 tbsp water
 - ½ cup of red onion, diced
 - 1 tbsp chia seeds
 - ⅓ cup vegan mayo
 - Salt & pepper to taste
 - 500g of preferred pasta (I use Penne)
 - ½ cup vegan butter, melted
 - ⅔ cup of plain flour
 - ⅔ cup of soy milk
 - 2 garlic cloves, minced
 - 1 tbsp vegan mayo
 - Dash of lemon juice
 - Salt & pepper to taste
 - Sprinkle of oregano, parsley and breadcrumbs
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Method

- Roughly mash chickpeas in a large bowl
- Add in lemon juice, hummus, water, red onion, chia seeds, vegan mayo and salt & pepper to taste. Mix together and place in fridge.
- Meanwhile, prepare 500g of preferred pasta
- In a large mixing bowl add together melted butter and flour. Use a whisk to mix together to remove any lumps
- Continue to whisk whilst slowly adding in soy milk. Add in more soy milk if you want a runnier sauce
- Add in garlic, mayo, lemon juice and salt & pepper. Mix to combine and then add in cooked pasta. Mix together until pasta is covered and then finally mix in prepared vegan chickpea tuno mixture.
- Prepare an oven dish with olive oil and add in mixture. Top with a sprinkle of oregano, parsley and breadcrumbs.
- Place in oven at 200c for about 20 minutes

