

# Spring Pea & Feta Pasta

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-chick-pea-recipe>

## Ingredients:

- 2 1/2 tablespoons olive oil
- 1 lemon
- 3/4 teaspoon Dijon mustard I like this brand
- 1 pinch red pepper flakes
- 1 clove smashed, garlic
- pepper
- salt
- 1 cup dried pasta plus reserve some pasta water
- 1/4 cup chickpeas cooked and drained
- 1/4 cup peas
- 1/4 cup feta chopped or crumbled
- 3 handfuls herbs fresh leafy, parsley, basil, tarragon or mint are all good choices

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 35 milligrams
4. Fat: 22 grams
5. Fiber: 7 grams
6. Protein: 10 grams
7. SaturatedFat: 5 grams
8. Sodium: 680 milligrams
9. Sugar: 2 grams

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