

Caramelized Brussels Sprouts Pasta With Toasted Chickpeas

By [Kay Chun](#)



Ryan Liebe for The New York Times. Food Stylist: Barrett Wash

Time 20 minutes

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This fast and satisfying vegetarian weeknight pasta packs in a whole pound of brussels sprouts. The mountain of shredded sprouts may seem like a lot, but like spinach, it will cook down. As the sprouts soften they caramelize and naturally sweeten, losing any hint of bitterness. Chickpeas are toasted in olive oil until deep golden brown, crispy in spots and super toasty. They bring a nutty, earthy flavor to the dish, complementing the tangy capers and lemony sauce. Leftovers are tasty enjoyed cold like pasta salad, added to a frittata, or sautéed in olive oil until golden and topped with a fried egg.

INGREDIENTS

Yield: 4 servings

Kosher salt and black pepper

6 tablespoons extra-virgin olive oil

PREPARATION

Step 1

Bring a pot of salted water to a boil.

Step 2

1 (15-ounce) can chickpeas,
rinsed and patted dry

2 tablespoons unsalted butter

3 garlic cloves, thinly sliced

1 pound brussels sprouts,
trimmed and very thinly sliced
(about 5 tightly packed cups)

8 ounces dried tagliatelle
pasta

½ cup freshly grated
Parmesan (about 1½ ounces),
plus more for serving

2 tablespoons drained capers

2 tablespoons lemon juice

½ teaspoon red-pepper flakes

¼ cup chopped fresh chives

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Meanwhile, in a Dutch oven or a large, deep skillet, heat 2 tablespoons of the oil over medium. Add chickpeas, season with salt and pepper and cook, stirring occasionally, until deep golden and well toasted, about 5 minutes. Transfer chickpeas to a paper towel-lined plate.

Step 3

Add the butter, garlic and 2 tablespoons of the oil to the Dutch oven and cook, stirring, until fragrant, about 1 minute. Add brussels sprouts, season with salt and pepper and cook, stirring occasionally, until tender and lightly caramelized, about 10 minutes.

Step 4

Meanwhile, cook pasta according to package directions in the boiling water until al dente. Drain, reserving 2 cups of the pasta water.

Step 5

Add the pasta, 1 cup reserved pasta water, about ¾ of the toasted chickpeas and the remaining 2 tablespoons oil to the Dutch oven. Stir in the Parmesan, capers, lemon juice, red pepper flakes and half the chives until well incorporated and saucy, 1 to 2 minutes. Season with salt and pepper. Add more pasta water if a thinner sauce is desired.

Step 6

Divide pasta among bowls. Top with remaining toasted chickpeas and chives. Garnish with more black pepper and Parmesan.

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