



FILLING AND FUELLING - PASTA FOR FOOTY

ReFuel Winter 2019

Courtesy of: Nathan Cook



Method:

1. Boil a large pot of water and add pasta, stirring every two-three minutes for 15 minutes.
2. In a separate saucepan add two tablespoons of olive oil, smashed garlic, diced sprig of rosemary, bay leaf and two light shakes of ground cayenne pepper.
3. When the garlic begins to colour, add the whole tin of tomatoes and let it sizzle for a few minutes.
4. Add two thirds of the can of chickpeas and stir them in. Puree the remaining third and add to create a creamy, thick sauce.
5. Once the pasta is cooked, add to the saucepan and cook until the sauce has reduced. Remove the bay leaf.
6. Season with salt, pepper and a drizzle of extra virgin olive oil, simmer and cool before serving.

Ingredients:

- 400g can of chickpeas (do not drain)
- 400g can of tomatoes
- 1 Bay leaf
- 1 whole garlic clove
- 1 sprig fresh rosemary
- Sprinkle of ground cayenne pepper
- 200g short pasta
- Extra virgin olive oil
- Salt and pepper

Nutrition Information

Serves 2 people.

Nutrient	Per serve
Energy	2330 kJ
Protein	19.5 g
Fat	23.4 g
Carbohydrate	57 g
Fibre	15.3 g

HOT TIPS



Meals high in carbohydrate are great before games to fuel high intensity efforts and overall energy levels.