

🍴 Meal Prep: Whole Wheat Fusilli with Chickpeas & Veggies (One-Pot, XXL Batch)

Ingredients (about 6–8 servings)

- 600 g whole wheat fusilli (e.g., Barilla Integrale or similar)
 - 1.5–1.6 liters water
 - 2–3 vegetable stock cubes (depending on taste)
 - 1 kg frozen mixed vegetables (e.g., peas, carrots, broccoli, cauliflower, bell pepper)
 - 2 cans chickpeas (about 400 g each, drained weight ~250 g)
 - 400 ml tomato passata (strained tomatoes)
 - Spices: 2 tsp sweet paprika powder, 1–2 tsp garlic powder, 1 tsp black pepper, 2 tsp oregano
 - Optional: 1–2 tbsp olive oil for extra flavor & creaminess
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Instructions (all in ONE pot)

1. **Water & stock:** Bring 1.5–1.6 liters of water to a boil in a large pot, stir in stock cubes.
 2. **Add pasta:** Add fusilli and cook over medium heat for 6–7 minutes (not fully done yet).
 3. **Add veggies & chickpeas:** Stir in frozen vegetables and drained chickpeas. Cook for another 5–6 minutes.
 4. **Tomatoes & spices:** Add tomato passata and spices, reduce heat slightly, and let simmer for 2–3 minutes until pasta and veggies are fully cooked.
 5. **Finish:** Remove from heat, optionally stir in olive oil, cover, and let sit for 3–5 minutes.
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Meal Prep Tips

- **Servings:** Makes about 6–8 big portions.
- **Storage:** Keeps 3–4 days in the fridge in meal prep containers.
- **Reheating:** If it gets too dry, just stir in 1–2 tbsp water or extra tomato passata.