**Garlicky mushroom penne (V)**
Serves 2

* 210g can chickpeas, no need to drain
* 1 tbsp lemon juice
* 1 large garlic clove
* 1 tsp vegetable bouillon
* 2 tbsp Olive oil
* ¼ tsp ground coriander
* 115g wholemeal penne
* 2 tsp tahini
* 2 red onions, halved and sliced
* 200g closed cup mushrooms, roughly chopped
* generous handful chopped parsley
* 1/2 lemon

1. To make the houmous, tip the chickpeas and their liquid into a bowl and add the lemon juice, garlic, bouillon, tahini and ground coriander. Blitz to a wet paste with a hand blender, still retaining some texture from the chickpeas
2. Cook the pasta according to pack instructions. Meanwhile, heat the oil in a non-stick wok or large frying pan and add the onions and mushrooms, stirring frequently until softened and starting to caramelise.
3. Drain the pasta and tip in with the mushrooms, then take off the heat and stir through the houmous and parsley. Toss together lightly, squeeze over the lemon juice and serve, adding a dash of water to loosen the mixture a little if needed