

Chickpeas al Limone With Burrata

By [Hetty Lui McKinnon](#)

Updated January 20, 2026



Armando Rafael for The New York Times. Food Stylist: Brett Regot.

Ready In 25 min

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Inspired by the jaunty pasta dish, [spaghetti al limone](#), here's a new way to make a memorable meal from humble cans of chickpeas; just add lemon, olive oil and Parmesan. The chickpeas are braised in their own sweet and nutty brine, also known as aquafaba, which becomes thick and silky as it cooks down. Much like starchy pasta cooking water, the aquafaba helps the lemon juice and oil emulsify into a silky sauce. Burrata adds another touch of richness and creaminess to this already elegant dish, but you could easily swap a jammy egg in its stead. Eat these beans with bread, to mop up the lemony sauce.

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INGREDIENTS

Yield: 4 servings

- 5 tablespoons extra-virgin olive oil,

PREPARATION

divided, plus more for drizzling

- 2 garlic cloves, finely chopped
- 3 (15-ounce) cans chickpeas, undrained
- 1 tablespoon lemon zest (from 1 large or 2 small lemons)
- ¼ cup lemon juice (from 1 large or 2 small lemons)
- 1 cup finely grated Parmesan, plus more for topping
- Salt and pepper
- 8 ounces burrata, drained
- Handful basil leaves
- Sourdough or baguette, for serving

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[Ingredient Substitution Guide](#)

[Nutritional Information](#)

1. **Step 1**

Heat a deep, medium skillet or pot over medium-high. When hot, drizzle with 1 tablespoon of olive oil; add the garlic and cook until fragrant, 15 to 30 seconds. Stir in the chickpeas and their brine, then bring to the boil. Let the brine bubble rapidly until it has reduced and thickened, 8 to 10 minutes. Reduce heat to low, add the lemon zest and stir for 1 minute.

2. **Step 2**

Meanwhile, to a large bowl, add the lemon juice, Parmesan and the remaining ¼ cup of olive oil.

3. **Step 3**

Add the chickpeas and the reduced brine to the Parmesan-lemon mixture and stir continuously until the cheese has melted and the sauce is thick but still loose. Taste and season with salt and pepper.

4. **Step 4**

To serve, divide among bowls and drizzle with more olive oil. Tear the burrata over the top and sprinkle with the basil leaves and more Parmesan. Serve with bread.



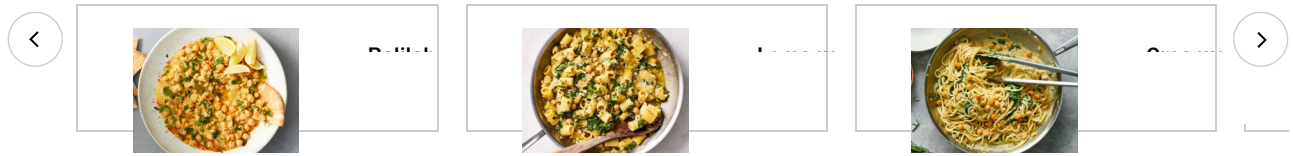
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Dr. Eggplant 2 weeks ago

I wouldn't usually use the aquafaba from a tin of chickpeas, but came home frazzled from a tough day and needed something quick and comforting. This really fit the bill, uses pantry staples and comes together very quickly. I didn't have buratta and didn't miss it but found the basil essential. If you don't add any extra salt, I think the sodium isn't a whole lot different than many other recipes. I skipped using a bowl, just adding the Parmesan, lemon and olive oil to the pot. Will make again!

Is this helpful? 50

Jacqueline 3 weeks ago

Lovely flavours! I mashed half of the chickpeas because I like the texture mix but otherwise made it exactly as written.

Is this helpful? 33