Hummus

Chickpea hummus with tahini, lemon, garlic and cumin, garnished with olive oil, paprika and parsley.

Ramekin on a small plate with a serviette.
Contains Sesame

INGREDIENTS

- 240g Cooked chickpeas, drained
- 60g Tahini
- 20ml Fresh lemon juice
- 1 clove garlic, crushed
- 20ml Extra-virgin olive oil
- 50-60ml Cold water
- ½ tsp Ground cumin
- ½ tsp Salt
- Olive oil, paprika and parsley for garnish

METHOD

1. Blend the chickpeas, tahini, lemon juice, garlic, cumin and salt until smooth.
2. Gradually add the olive oil and cold water until creamy.
3. Adjust the seasoning.
4. Store in a sealed container in the fridge.
5. Garnish before serving.

EQUIPMENT

- Scale
- Large spoon
- Bowl
- Sealable container