



Hummus

Serves 6, 25 minutes

Ingredients:

- 170g (400g) chickpeas
- 1-2 lemons, grated zest and juice of them to taste
- 100g tahini
- ½ garlic clove
- 1 levelled tsp ground cumin
- ½ tsp salt
- Freshly ground pepper
- Paprika spice, to taste
- 150ml olive oil

1. Drain the chickpeas, keep the water and set aside.
2. Transfer the chickpeas to a food processor. Add the lemon zest, lemon juice, tahini, garlic, ground cumin, salt, pepper, paprika and olive oil. Beat until the chickpeas are pureed and all the ingredients are completely combined.
3. Add as much of the reserved water as needed to make the hummus as smooth and creamy as you like. Beat again, until completely incorporated and smooth.
4. Taste the hummus and adjust the seasoning and lemon juice according to your preferences.

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