

# HUMMUS

Serves 4



INGREDIENTS	EQUIPMENT
1 x 410g can chickpeas 1 garlic clove – peeled and crushed 4 tablespoons olive oil 2 tablespoons lemon juice 1 tablespoon light tahini (light sesame cream) ground black pepper	can opener sieve measuring jug food processor mixing bowl wooden spoon garlic crusher spatula serving dish e.g. ramekin measuring jug

## METHOD

1. Drain the can of chickpeas through a sieve over the mixing bowl. Pour the liquid into a measuring jug.
2. Place the chickpeas in a blender and whizz until smooth.
3. Transfer to a mixing bowl and combine with the olive oil, lemon juice, tahini and garlic.
4. Add enough of the saved chickpea liquid to give a light, soft consistency like softly whipped cream.
5. Add pepper to taste.
6. Spoon into the serving dish and chill before serving.

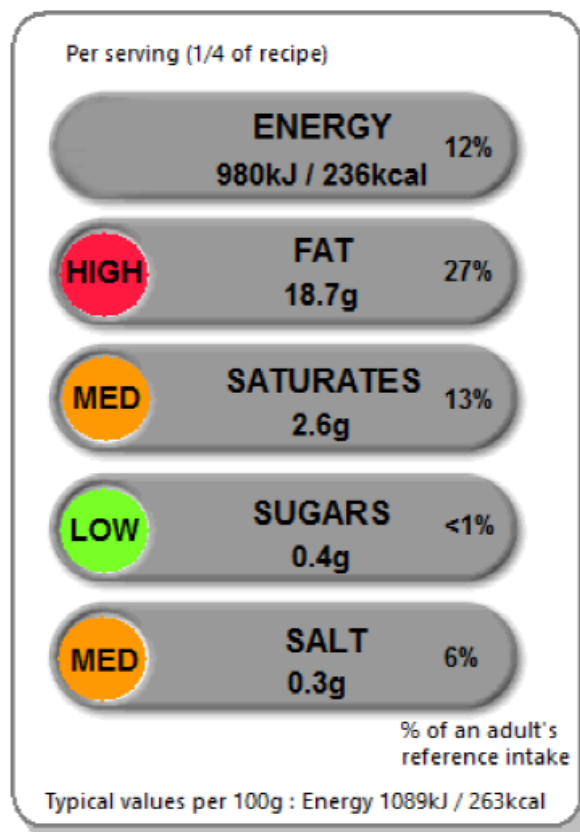
## RECIPE NOTES AND TIPS

- If you do not have a food processor the chickpeas can be mashed thoroughly until smooth.
- Check that the chickpeas are tender before liquidising – if they are a bit hard, put into a pan with the liquid and an extra 200ml water and simmer for 10 minutes
- Use a pestle and mortar to crush the garlic if you do not have a garlic crusher.

## ALLERGY AWARE

This recipe contains:

- Sesame (tahini)



Based on recipe supplied by Focus on Food, 3/8/2015. No. of servings: 4

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (90g)
Energy	1089kJ / 263kcal	980kJ / 236kcal
Protein	7.4g	6.6g
Carbohydrate (of which sugars)	10.1g (0.4g)	9.1g (0.4g)
Fat (of which saturates)	20.8g (2.9g)	18.7g (2.6g)
Fibre	2.9g	2.6g
Salt	0.4g	0.3g