



HOMEMADE HUMMUS

Serves

6-8

Prep

5 mins

Method

Drain the chickpeas

Peel the garlic and roughly chop

Add the chickpeas to the bowl and blend slightly. Scrape down the sides of the bowl

Add the garlic, water, tahini paste, coriander, cumin, lemon juice and seasoning. Blend until smooth. Occasionally stop blending and carefully removing the lid and scrape down the sides of the bowl

Add the olive oil a bit at a time and blend in-between each amount added

Ingredients

400g tinned chickpeas

1 clove garlic

50ml water

30g tahini paste

7g ground coriander

7g ground cumin

1/2 lemon juice

Salt and pepper to taste

100ml good quality olive oil

Garnish:

Paprika

Pitta bread