

RECIPE

Hummus



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MAKES
6 servings

LEVEL
Easy

TIME
15 minutes

INGREDIENTS

1 tin of chickpeas, drained
2 -4 garlic cloves
3 tbsp tahini
4 tbsp good quality olive oil
juice of 1 lemon
2 tsp paprika
1 tsp sea salt
1 tbsp fresh ground black pepper
1 small bunch of parsley, roughly chopped

HOW TO MAKE IT

1. To make your job easy, use a food processor to simply blitz together all of the ingredients apart from the parsley until smooth.
2. Add extra olive oil or a few dashes of water if it needs loosening a little.
3. Taste and perfect the balance of flavours with more salt, black pepper, paprika and/or lemon juice.

If you don't have a food processor you can simply mash everything together in a bowl - it might not be as smooth but it will be just as delicious!

Serve spread onto a flat plate, swirl the top into a nice pattern, sprinkle over chopped parsley and drizzle with a good glug of extra virgin olive oil