

Hummus

Equipment:

Nutribullet
Garlic press
Grater
Juicer
Sieve
Small bowl
Serving dish
Measuring spoon
Spatula

Ingredients:

Chick peas
Sesame seeds
Lemons x 2
Garlic
Olive oil
Paprika
Celery
Pepper
Carrots
Salt

1. Drain the chickpeas into a small bowl (DON'T throw the liquid away! It contains soluble fibre galore!)
2. Put 4 tablespoons of sesame seeds into the Nutribullet and blitz until powdered. Add a little chickpea liquid and blitz until smooth.
3. Add the following:
 - A. the drained chickpeas
 - B. the zest of one lemon and the juice of two
 - C. a clove of garlic, crushed
 - D. half a teaspoon of sea salt
4. Blitz until smooth – adding a tablespoon at a time of chickpea liquid, as needed to get it blitzing. Taste.
5. Using a spatula, empty into a serving dish, drizzle with a little olive oil and sprinkle with paprika.
6. Peel the carrots and cut them into batons; make similar size batons of celery and pepper.
7. Serve with the dish in the centre of a large plate, surrounded by the veg.

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