

Hummus

Watch the cook-a-long video www.ukharvest.org.uk/hummus

Ingredients

- 2 x 400g tin chickpeas
- 2 tbsp tahini
- 4 cloves garlic
- 2 tbsp olive oil
- Juice of 2 lemons
- Salt and pepper to taste

Serves 8



Method

1. Place all hummus ingredients into a blender (or use a food processor or stick blender). Blend until smooth.
2. Season to taste with salt and pepper.
3. Add some tap water for a creamier texture.

Swaps

Experiment with flavoured hummus. Add any of the following to the blender...

- 1 handful of fresh herbs or 2 teaspoons of dried (such as basil, parsley, or coriander)
- 2 teaspoons of spices, such as cumin, smoked paprika or chilli powder.

Tips

If you find your mixture is too thick to blend, just add more water.

You can freeze hummus in an airtight container for up to 3 months.