



Equipment

Food processor

Measuring spoons and cups

Kitchen knife

Cutting board

Juicer

Ingredients

1 x 400 g tin of chickpeas

1 small clove of garlic

1 tablespoon tahini

1 lemon

extra virgin olive oil



Hummus

Method

1. Prepare and mix ingredients
2. Drain and tip the chickpeas into a food processor. Juice the lemon.
3. Peel and add the garlic, then add the tahini, a good squeeze of lemon juice and 2 tablespoon of olive oil. Season with a pinch of sea salt, then pop the lid on and blitz.
4. Use a spatula to scrape the hummus down the sides of the bowl, then blitz again until smooth.
5. Have a taste and add more lemon juice or a splash of water to loosen.
6. When the mixture is fully combined and smooth, tip it into a serving dish. Drizzle with some more extra virgin olive oil Sprinkle with paprika and finely chopped parsley leaves

