

# Hooray for Hummus



**Hummus is very versatile and can be eaten as a dip or sandwich spread.** The spelling of hummus differs. Hummus, houmus and hommos are among many correct spellings.



**No nuts, but does contain tahini (sesame seed paste)**

## Equipment

Can opener  
Colander  
Food processor or hand blender  
Garlic press  
Sharp knife  
Lemon squeezer  
Bowl  
Measuring spoons  
Kettle  
Tasting spoons

## Method

1. Drain and wash the chickpeas.
2. Blend the chickpeas in a food processor or using a hand blender, until they are a chunky texture, not puréed.
3. Peel and crush the garlic.
4. Squeeze the juice from the lemon into a bowl.
5. Add the garlic, lemon juice, water, natural yoghurt, tahini and olive oil to the processor and blend until it becomes a smooth texture.
6. Season with black pepper to taste.

## Something to try next time

- Hummus makes a fantastic sandwich filler as well as a dip.
- For a non-vegetarian option, why not try hummus, cold meat and cucumber.
- For a vegetarian option, try hummus with cucumber or hummus with lettuce, tomato and red onion.
- You don't have to limit yourself to bread, try it inside a wrap or bagel.

## Ingredients

**Serves 8 as a side dish**

400g can chickpeas  
2 cloves of garlic  
1 lemon  
2 x 15ml spoons warm water  
2 x 15ml spoons natural yoghurt  
2 x 15ml spoons tahini  
2 x 15ml spoons extra virgin olive oil  
Black pepper

## Prepare now, eat later

Hummus can be stored in the fridge for up to 2 days.

## Top tips

- If you are unable to find tahini, this hummus recipe is just as tasty without it.
- If you do not have a food processor you can mash the ingredients with a fork or in a mortar and pestle. It may take longer and you may need to add more water to get it to a smooth consistency.

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