

Hummus with Pitta Chips



Servings: 4

Cooking time: 8-10 minutes at 200°C

Prep time: 20 minutes

Recipe course: Lunch or snack



INGREDIENTS

For the Hummus

- 1x 400g tin chickpeas, drained
- 50g light tahini*
- 1 clove garlic, crushed
- 4/5 tbsp lemon juice, or more to taste
- Pinch ground cumin
- 2 tbsp extra virgin olive oil plus extra to serve
- ½ tsp paprika
- Small bunch coriander
- Salt and pepper

For the Pitta Chips

- 4 pitta pockets, wholemeal or plain*
- 2 tbsp olive oil
- 1 tsp finely chopped rosemary

METHOD

1. Place the chickpeas in the bowl of the food processor with the universal blade attached. Add the tahini, garlic, lemon juice and pinch of cumin. Season well with salt and pepper.
2. With the motor running at high speed, add the olive oil and process to a smooth paste. If the hummus is too thick add a few tablespoons of water. Taste and add more lemon juice, salt and pepper if necessary. Transfer to a serving bowl. Pre-heat the oven.
3. To make the pitta chips. Cut each pitta pocket into strips about 2 cm thick. Lay them out on a wire rack with the universal pan underneath. Brush with the olive oil and sprinkle over the rosemary.
4. Bake in the oven on shelf level 3 for 8-10 minutes or until crisp.
5. Make a well in the centre of the hummus. Pour over some extra virgin olive oil. Sprinkle with the paprika and scatter over the coriander. Serve with the pitta chips for dipping.

*Allergens