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HUMMUS



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Serves 4

Preparation time:

15 minutes

Cooking time:

No cooking required

Ingredients:

- 1 x 400g can of chickpeas, drained
- 2tbsp tahini paste
- Juice of 1 large lemon
- 4tbsp rapeseed oil
- 2 garlic cloves, peeled and finely chopped or crushed
- Salt, to taste
- ½ tsp ground cumin
- 2 tbsp water
- A pinch of paprika for garnish

Method

1. When making homemade hummus, what really makes a difference is the order that you add the ingredients. Start by adding the tahini and lemon juice in a food processor or blender and pulse for about a minute until thick and pale in colour.
2. Add the drained chickpeas and process until smooth.
3. Add the minced garlic and pour in the olive oil a little bit at a time, whilst pulsing.
4. Blend until the oil is incorporated and the hummus mixture is smooth or coarsely pureed, depending on your preference. Season with salt and cumin, according to your taste.

If the hummus is too thick, pour in 1-2 tbsps water and pulse for 1 more minute.