

Quick & Easy Houmous

Serves 6-8



Ingredients (allergens in bold)

- 1 can (400g) chickpeas drained
- 1 tablespoon lemon juice
- 1 teaspoon **tahini (sesame paste)**
- 1 garlic clove
- 3 tablespoons olive oil
- Paprika to garnish

Method

1. Put all the ingredients except the olive oil in a blender and blitz until smooth. Drizzle in the oil a little at a time until and continue to blend until it has all combined
2. If the houmous seems to be too thick add a little of the retained chickpea liquid from the can
3. Garnish with paprika
4. Serve with crudites such as carrots, cucumber, peppers, celery and sugar snap peas or with warm flat bread
5. Enjoy!



Equipment

- large mixing bowl
- hand blender
- chopping board
- vegetable knife
- teaspoon
- tablespoon
- serving bowl

Recipe notes and tips

- Experiment using various flavors such as chilli, coriander, tomato puree or roasted red pepper.
- Houmous is a great filling for a sandwich or wrap.
- Handheld blenders are perfect for children to help make this recipe (put all the ingredients, except the oil, in a bowl and blitz).