SHOPPING LIST

Creamy Hummus with Spiced Chickpeas and Flatbread

Serves 4 to 6

- [ ] 2 tins (400 g each) chickpeas, drained (keep a few tablespoons for the topping)
- [ ] 100 g tahini
- [ ] Juice of 2 lemons
- [ ] 1 clove garlic
- [ ] 4 to 6 tbsp ice-cold water
- [ ] 1/2 tsp salt
- [ ] 3 tbsp olive oil, plus extra to serve

Spiced chickpeas

- [ ] 1 tin (400 g) chickpeas, drained and dried
- [ ] 1 tbsp olive oil
- [ ] 1 tsp ground cumin
- [ ] 1 tsp smoked paprika
- [ ] Warm flatbread and chopped parsley, to serve

Tick off what you already have at home.