FRESH & COOL

Creamy Hummus with Spiced Chickpeas and Flatbread

PREP	COOK	SERVES
15 min	10 min	4 to 6

Vegan Vegetarian

Ultra-smooth homemade hummus topped with crunchy cumin chickpeas and olive oil, with warm flatbread.

Ingredients

- 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

Method

1. Blend the tahini and lemon juice for 1 minute until pale and thick. Add the garlic, salt and chickpeas and blend until smooth.
2. With the blender running, add the ice-cold water a tablespoon at a time until very creamy. Blend for 2 to 3 minutes. Taste and add more salt or lemon.

3. Heat the oil in a pan and fry the dried chickpeas with the cumin and paprika for 6 to 8 minutes until crisp.
4. Spread the hummus on a plate with the back of a spoon, drizzle with olive oil, top with the hot chickpeas and parsley and serve with warm flatbread.

Cook's tip

Blend the tahini and lemon first, before anything else. It makes the hummus lighter and much creamier than adding everything at once.