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WITHIN

Fresh lunchbox ideas

HUMMUS RECIPE



the source
BULK FOODS

HUMMUS

PRESERVATIVE FREE

175g dried chickpeas, soaked overnight
60g tahini
30ml olive oil
6g pink lake salt
Sprinkle of paprika
Olive oil, for drizzling

EXTRAS

Juice of 1 lemon, divided in half
1 glove garlic, crushed
30ml cold water
Fresh parsley, chopped
Marinated olives (optional)

METHOD

Rinse soaked chickpeas.

In a medium saucepan cover with water and cook soaked chickpeas until tender, for about 1 hour, then drain.

In a food processor or blender, add tahini and the juice of half a lemon. Blend until light and creamy.

Add garlic, olive oil and salt. Blend to combine.

With the processor running, slowly add chickpeas, stopping to scrape sides occasionally.

If the mixture is too thick, add a little cold water until you reach your desired consistency.

Add additional lemon juice to taste.

Serve topped with additional olive oil, paprika, fresh herbs, and olives (optional).

Store in an airtight container, and refrigerate.

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