

Hummus (plain)

400g can chickpeas (drained)

80ml extra virgin olive oil

1-2 garlic cloves, peeled and crushed

1 lemon, juice plus ½ of the zest

3 tbsp tahini



Method for Hummus

1. Thoroughly rinse the chickpeas in a sieve/colander under cold running water. Tip into the bowl of a food processor/blender with 60ml of the oil and blitz until smooth.
2. Add the crushed garlic, lemon juice and zest along with the tahini and 30ml of water.
3. Blitz again for 5 minutes until smooth and silky.
4. Add 20ml more water, a little at a time, if the hummus looks too thick. Season with salt and pepper and place in a clean bowl.
5. Make a swirl pattern on the hummus with the back of a spoon and drizzle over the remaining oil.
6. Serve with your homemade flatbreads.

