

Quick Hummus

Serves 2-4

You will need:

200g/7oz canned chickpeas

2 tbsp lemon juice or more

2 garlic cloves, crushed

1 tsp ground cumin

Salt

100ml/3½ fl oz tahini (sesame seed paste) optional

4 tbsp water

2 tbsp extra virgin olive oil

1 tsp paprika

4 rounds of pitta bread



What to do:

1. Drain the chickpeas and rinse. Keep a few whole chickpeas for serving.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini and water in a food processor and blend to a creamy purée.
3. Add more lemon juice, garlic, cumin or salt to taste.
4. Turn out into a dinner plate and make smooth with the back of a spoon.
5. Drizzle with extra virgin olive oil and scatter with remaining chickpeas.
6. Sprinkle with paprika and serve with pitta bread, cut into quarters.