



HUMMUS

Season: All year
From the garden:
Type: Dip
Difficulty: Easy
Country of origin: Middle east
Serves: 30 tastes
Source: jamieoliver.com

Equipment

- *knife
- *can opener
- *citrus juicer
- *measuring cup and spoons
- *food processor
- *bowl
- *spatula
- *colander

Ingredients

- *1 can of chickpeas
- *1 large lemon
- * $\frac{1}{4}$ cup tahini
- *1 garlic clove
- *2 tbsp olive oil
- * $\frac{1}{2}$ tsp ground cumin
- * $\frac{1}{2}$ tsp salt
- *pinch of paprika powder to serve

Method

1. cut the lemon in half and squeeze out the juice
2. open the can of chickpeas, drain and rinse them

- 3.add all the ingredients into the food processor and blizz
- 4.scrap down the sides and blizz again
5. taste and add more lemon juice or salt if necessary
6. if it looks too thick, add a little bit of cold water and blizz again
7. scrap the hummus into a bowl and serve with a pinch of paprika powder on top

Notes:

Skills: measuring, *mixing, using a food processor*