

Beetroot Hummus

Season: Summer
Kitchen: No
Serves: 30 tastes
Preparation time: 10 minutes
Cooking time: -

Ingredients

2 teaspoons ground cumin
2 tins chickpeas, drained
500g cooked beetroot
1/2 teaspoon black pepper
1/4 cup olive oil
2 cloves garlic, crushed
Juice of 1 lemon
Parsley for garnish

Equipment & Utensils

Food processor or blender
Measuring spoons
Garlic crusher
Serving dish

Method

1. Add chickpeas and cumin to food processor. Season with pepper
2. Process for 30 seconds and add beetroot. Process again
3. Add olive oil, garlic and lemon
4. Blend to make soft puree
5. Spoon into serving dish and add parsley to garnish

