



Hooray for Houmous

Houmous is very versatile and can be eaten as a dip or sandwich spread.

Nutritional information per portion (59g):

calories	fat	saturates	sugars	salt
120.7	9.2g 13%	1.3g 7%	1.0g 1%	0.2g 3%

of an adult's guideline daily amount



Nuts (sesame seeds in tahini) and dairy

Equipment

Can opener
Colander
Food processor or hand blender
Garlic press
Sharp knife
Lemon squeezer
Bowl
Measuring spoons
Kettle
Tasting spoons

Ingredients

Serves 8 as a side dish
400g can chickpeas
3 cloves garlic
1 lemon
2 x 15ml spoons warm water
2 x 15ml spoons natural yoghurt
2 x 15ml spoons tahini
2 x 15ml spoons extra virgin olive oil
Black pepper (optional)



Method

1. Drain and wash the chickpeas.
2. Blend the chickpeas in a food processor or using a hand blender, until they are a chunky texture, not puréed.
3. Peel and crush the garlic.
4. Squeeze the juice from the lemon into a bowl.
5. Add the garlic, lemon juice, water, natural yoghurt, tahini and olive oil to the processor and blend until it becomes a smooth texture.
6. Add black pepper to taste (if using).

Prepare now, eat later

- Houmous can be stored in the fridge for up to 2 days.

Something to try next time

- Houmous makes a fantastic sandwich filler as well as a dip.
- For a non-vegetarian option, why not try houmous, sliced cold meat and finely sliced cucumber.
- For a vegetarian option, try houmous with finely sliced cucumber or finely sliced lettuce, tomato and red onion.
- You don't have to limit yourself to bread, try it inside a wrap or bagel.

Top Tips

- If you are unable to find tahini, this houmous recipe is just as tasty without it.
- If you do not have a food processor you can mash the ingredients with a fork or in a mortar and pestle. It may take longer and you may need to add more water to get it to a smooth consistency.