



Hummus Chilli Pocket (OP W)

Serving: 1

Veg

Ingredients

Serves 1

- Whole grain pita bread-1
- Yellow zucchini -1 medium
- Green zucchini-1 medium
- Red capsicum-1 medium
- crushed black pepper corn-To taste
- Alfa sprouts-for garnishing
- oil- $\frac{1}{2}$ tsp

For chilli hummus

Preparation Method

- 1. Slice yellow and green zucchini and red capsicum. Heat extra virgin olive oil in a non-stick grill pan
- 2. Place zucchini slices and capsicum pieces on the grilled pan . Sprinkle salt and crushed peppercorns and cook till grill marks appear on both the sides
- 3. To make chilli hummus,grind together chickpeas, sesame paste,lemon juice,red chilli Sauce,salt and olive oil to a smooth paste. Remove vegetable and keep on a worktop
- 4. Place a pita bread in the same grill marks appear on both the sides. Slit grilled pita bread without cutting through,spread chilli hummus on the inner side of the grilled vegetable
- 5 Place the sandwich on a serving plate,garnish with alfa alfa sprouts and serve immediately