

Hummus

Ingredients

- 1 x 400g tin of chickpeas
- 1 small clove of garlic
- 1 tablespoon tahini
- 1 lemon
- extra virgin olive oil

Method

1. Drain and tip the chickpeas into a food processor.
2. Peel and add the garlic, then add the tahini, a good squeeze of lemon juice and 1 tablespoon of oil.
3. Season with a pinch of sea salt, then pop the lid on and blitz.
4. Use a spatula to scrape the houmous down the sides of the bowl, then blitz again until smooth.
5. Have a taste and add more lemon juice or a splash of water to loosen, if needed, then transfer to a serving bowl.