

## Quick hummus

★★★★☆ 3.9 | 77 ratings



00:51

By Jill Dupleix

This easy hummus recipe is great to make sandwiches for your lunchbox, or simply to serve with breadsticks or pitta.

Each serving provides 378 kcal, 13.5g protein, 47g carbohydrates (of which 1.5g sugars), 13.5g fat (of which 2g saturates), 7g fibre and 0.9g salt.

### Ingredients

200g/7oz canned chickpeas  
 2 tbsp lemon juice or more  
 2 garlic cloves, crushed  
 1 tsp ground cumin  
 pinch salt  
 1 tbsp tahini (sesame seed paste)  
 4 tbsp water  
 2 tbsp extra virgin olive oil  
 1 tsp paprika  
 4 rounds of pitta bread

### Method

1. Drain the chickpeas and rinse. Reserve a few whole chick peas for serving.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor, and blend to a creamy purée.
3. Add more lemon juice, garlic, cumin or salt to taste. Turn out into a dinner plate, and make smooth with the back of a spoon. Drizzle with extra virgin olive oil and scatter with the reserved chickpeas.
4. Sprinkle with paprika and serve with pita bread, warmed in a moderate oven for three minutes, and cut into quarters.

### Prepare

Less than 30 mins

### Cook

Less than 10 mins

### Serve

Serves 3

### Dietary

Dairy-free | Egg-free |  
 Vegan | Vegetarian