

Golden Hummus with Tamari Baked Veg Dippers

🕒 20 - 30 Mins



2 handfuls medium-sized cauliflower florets

4 mushrooms roughly sliced

2 handfuls sliced sweet potato, 5mm thick

2T tamari

2T water

1/2t cayenne pepper (optional) 1 can or jar of chickpeas, drained and rinsed well

1 garlic clove

1 splash of extra virgin olive oil

1/2t ground cumin

1t ground turmeric

1/4t ground black pepper

Juice of 1 lemon

A splash of water

Salt to taste



Preparation

Serves 2.

Preheat your oven to 220c.

Cooking Instructions

- Put the tamari, water and cayenne into a bowl, add the cauliflower and mix until all of the cauliflower is covered. Put the cauliflower onto a baking tray.
- Add the mushrooms to the bowl and mix into the liquid. Put them onto the baking tray.

- The sweet potato doesn't need any oil so just put those onto the tray as they are, making sure they do not overlap.
- Bake until just cooked, this should take around 10-15 minutes.
- For the hummus blend all of the ingredients with a hand blender or in a food processor until smooth. Add a little more water if the blend needs more liquid to turn and blend the mixture well.
- Pour into a bowl and serve with the tamari baked veg dippers.