

HUMMUS



Preparation : 10 min - **Resting :** - - **Cooking :** 5 min - **Equipment :** -

Ingredients : 1 bowl

- 250 g tinned chickpeas - 2 tablespoons olive oil - lemon juice - 2 garlic cloves - 4 tablespoons sesame oil - salt

1. Heat the chickpeas for 5 min. in boiling salted water.
2. Drain them and put them in the bowl. Pulse 4/5 times and add the oils, garlic, lemon juice and salt. Blend for 10 seconds.
3. Chill in the refrigerator for 30 min.

Chef's tip :

You can scatter this hummus with fresh parsley or coriander. Spread hummus onto pitta bread (used in Greek and Lebanese cuisine) and top with tomato, cucumber, spring onion and chopped olives.