

# Hummus



**Serves a large group alongside the Moroccan meatballs, Tabouli salad and Tzatziki.**

There are many servings from this recipe to accompany many healthy meals. Keep covered and refrigerated and this will last at least five days in the fridge.

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## Ingredients

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- 1 can of chickpeas
- 1/4 cup water
- 5-6 Tbsp lemon juice (depending on taste)
- 1 Tbsp of Tahine (or for a low cost easy option use peanut butter)
- 1 small clove of garlic – peeled and crushed
- Good pinch of pepper
- 6 Tbsp of good olive oil - NZ olive oil is a fresh extra virgin olive oil. (For a lower cost option use sunflower oil)
- 2 Tbsp of chopped parsley or mint

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## Method

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1. Drain chickpeas then place in blender or food processor
2. Add the water, some of the lemon juice and the olive oil
3. Blend for about 2 minutes on low until thoroughly mixed and smooth
4. Adjust flavour and texture with the rest of the lemon juice and more olive oil if needed
5. Place in serving bowl
6. Garnish with parsley or mint and a sprinkle of paprika (this is optional)
7. Serve immediately with meal or with lightly toasted pita bread for a snack
8. Cover and refrigerate the hummus when not using.

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### Tip:

For a different take on this recipe try adding roast beetroots or squash or kumara to the blending mix.