

Hummus

Ingredients

- 400g can chickpeas, drained
- 60ml extra virgin olive oil
- 1-2 fat garlic cloves, peeled and crushed
- 1 lemon, juiced then finely zested

2 tbsp tahini

Add some chilli flakes, salt, ½ tspoon of smoke paprika

Method

1. Thoroughly rinse the chickpeas in a colander under cold running water. Tip into the large bowl of a food processor along with 60ml of the oil and blend until almost smooth. Add the garlic, lemon and tahini along with 20ml water. Blend again for about 5 mins, or until the hummus is smooth and silky.
 2. Add 20ml more water, a little at a time, if it looks too thick. Season and transfer to a bowl. Swirl the top of the hummus with the back of a dessert spoon and drizzle over some extra oil; sprinkle some smoked paprika.
 3. Serve with crunchy crudités and toasted pitta bread, if you like.
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