



Classic Hommus (Hummus)

Difficulty: Easy

Type: Side dish

Allergy advice: Fructose

Serves: 30 tastes

From the garden: Parsley

Equipment:	Ingredients
Medium saucepan	1 1/2 cans chick peas
Chopping boards and mats	1/4 cup lemon juice
Cooks knives	1 clove garlic, crushed
Measuring cups and spoons	1/3 cup olive oil
Citrus juicer	1/2 tsp salt
Food processor or hand blender	Paprika and extra virgin olive oil to serve
Wooden spoon	1 Tbsp. chopped parsley
Ramekins and small spoons to serve	

What to do:

1. Prepare all of the ingredients in the ingredients list as per the instructions.
2. Drain chick peas and place in a saucepan of water and bring to the boil, simmer uncovered for 3-5 minutes, drain reserving 1/2 cup of the cooking liquid.
3. Process chickpeas, lemon juice, garlic, oil, salt and reserved liquid until smooth.
4. Spoon into serving bowls, sprinkle with paprika and chopped parsley, drizzle with oil and serve.