



Classic hummus

Difficulty: Easy

Type: Side dish

Serves: 30 tastes

From the garden: Parsley

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

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 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.**