

Hooray for Houmous

Houmous is very versatile and can be eaten as a dip or sandwich spread.



Sulphites*

Nutritional information per portion (44g):

Energy 295kJ 71kcal 4%	Fat 4.7g 7%	Saturates 0.6g 3%	Sugars 0.5g 0%	Salt 0.17g 3%
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of an adult's reference intake.
Typical values per 100g: energy 670kJ/161kcal.

Equipment

Can opener
Colander
Food processor or hand blender
Garlic press
Sharp knife
Chopping board
Lemon squeezer
Grater
Bowl
Kettle
Measuring spoons
Tasting spoons

Ingredients

Serves 8 as a side dish
400g can chickpeas
3 cloves garlic
1 lemon
Small bunch (20g) fresh mint or coriander (optional)
2 x 15ml spoons warm water
½ x 5ml spoon ground cumin
2 x 15ml spoons extra virgin olive oil
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Drain and wash the chickpeas.
2. Blend the chickpeas in a food processor or using a hand blender, until they are a chunky texture, not puréed.
3. Peel and crush the garlic.
4. Grate the zest and squeeze the juice from the lemon into a bowl.
5. Roughly chop the herbs if using.
6. Add the garlic, lemon juice, water, lemon zest, herbs (if using), cumin and olive oil to the processor and blend until it becomes a smooth texture.
7. Add black pepper to taste (if using).

Top Tips

- Add 100g of roughly chopped cooked beetroot (not in vinegar) at step 6 for a delicious pink houmous.
- If you do not have a food processor you can mash the ingredients with a fork or in a mortar and pestle. It may take longer and you may need to add more water to get it to a smooth consistency.

Something to try next time

- Houmous makes a fantastic sandwich filler as well as a dip. Try it on bread, wraps or bagels, with finely sliced cucumber, lettuce and tomato.

Prepare now, eat later

- Houmous can be stored in the fridge for up to 2 days.

Skills used include:

Measuring, peeling, chopping, crushing, grating, squeezing and blending.