

Lebanese Hummus

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This simple hummus recipe is fantastic for serving with some crunchy vegetable crudites or some pitta breads. You could also smear it on a wrap before piling high with chicken and salad as it will provide a creamy base that works well in bringing lots of different flavours together.

Ingredients:

1 400g tin of chickpeas, drained
4 tbsp. sesame oil
Garlic cloves to taste
Lemon juice to taste
Salt and pepper

Directions:

1. Rinse the chickpeas and either mash or blend until smooth. Stir in the oil.
2. Mince a few garlic cloves and stir in. If you like it very garlicky, add more.
3. Juice a lemon and add this. Again, if you think it needs more lemon juice, add more.
4. Season well and chill in the fridge before serving.

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