

Red Pepper and Chickpea Dip

Printed from Chickpea Recipes at <http://www.chickpearecipes.co.uk/>

This flavourful dip is super healthy, creamy and flavourful - perfect for parties! Serve with crackers or cooked, soft pitta breads.

Ingredients:

1 x 400g tin chickpeas, drained and rinsed
2 roasted red peppers, deseeded, from a jar
4 tbsp. extra-virgin olive oil
1 garlic clove
Juice of half a lemon
Small handful freshly chopped coriander
Salt and pepper

Directions:

1. Roughly chop the peppers and garlic clove. Place the chickpeas, red peppers, olive oil, garlic clove, lemon juice, coriander, salt and pepper into a blender. Blitz until smooth.
2. Spoon the mixture into a serving dish and keep at room temperature until you're ready to serve.

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