

Quick hummus

Ingredients

200g/7oz canned chickpeas

2 tbsp lemon juice or more

2 garlic cloves, crushed

1 tsp ground cumin

salt

100ml/3½fl oz tahini (sesame seed paste) optional

4 tbsp water

1 tsp paprika

Serve with pitta bread or vegetables e.g fingers of cucumber, pepper, celery, carrot, mange-tout, baby sweetcorn or even try broccoli!

Method

1. Drain the chickpeas and rinse.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor, and whiz to a creamy purée.
3. Add more lemon juice, garlic, or cumin to taste. Turn out into a dinner plate, and make smooth with the back of a spoon.
4. Sprinkle with paprika and serve with pita bread, warmed in a moderate oven for three minutes, and cut into quarters.

