

# Personalised Hummus

Deliciously smooth and wholesome, our simple hummus recipe is ideal for family gatherings or as a wholesome snack, pairing perfectly with pitta bread, raw veggies and more.

Prep Time: ? minutes      Serves: ?

Download the recipe

## Ingredients

- 200g dried chickpeas
- 1 tsp bicarb of soda
- 1 tsp extra virgin olive oil
- 50g Tahini
- Juice of 1/2 lemon
- 1 tsp Salt

## Method

### STEP 1

Soak your chickpeas overnight in cold water (or about 8 - 10 hours). Drain and rinse chickpeas before adding them to a pan with plenty of fresh cold water.

### STEP 2

Cover with a lid and bring chickpeas to a gentle boil and sprinkle in your bicarb. This will form a foam on the top containing all the impurities. Skim this off and keep doing so throughout cooking. Simmer the chickpeas for around 30 minutes or until they easily break apart when squeezed. Ensure you gently simmer as you don't want the chickpeas to disintegrate.

### STEP 3

Once cooked, drain your chickpeas and set aside. Stir in your olive oil and leave to cool.

### STEP 4

Add the chickpeas, tahini, lemon juice and salt to your food processor. Top tip: if you're in a rush, you can add the chickpeas to the blender without cooling, as long as you throw in a few ice cubes as well.

### STEP 5

Blend until smooth and velvety. If your mixture is feeling a little thick, add in a drop of water. Serve with a drizzle of olive oil and warm pitta breads.

### Beetroot hummus:

Follow recipe as above, using 30g of Tahini instead of 50g, and add in 1 - 2 cooked beetroots (the vacuum-packed variety is fine, just make sure they're not pickled). A perfectly vibrant addition to your spring dining table.

### Smoky red pepper hummus:

Follow the recipe as above, leaving the hummus in the food processor. Take two red peppers, cutting down the middle and discarding the seeds and stalk. With the skin facing up, rub with a little oil and put under a hot grill (or air fryer on highest setting). When the skin becomes charred, put the peppers into a bowl covered with cling-film. After about 5 minutes, the charred skin will have steamed off. Take the remaining flesh and chop, adding to your food processor, along with a heaped teaspoon of smoked paprika. If you have the option, buy the 'Sweet Smoked Pimenton' variety, which is sold in square tins.

### Other toppings:

For an even easier way to jazz up your dish, why not add store-bought pesto and sprinkle with some toasted pine nuts. A tablespoon of tomato chutney, or even caramelised onion chutney, makes for a sweeter alternative. If you like it spicy, dollop a generous amount of harissa paste or chipotle.

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