

TASTE WITHOUT WASTE

Sweet Chilli Hummus

Makes just over a cup.

Ingredients

400g can chickpeas, drained and rinsed well
2 cloves garlic, crushed with ¼ tsp coarse sea salt
1 tbsp extra virgin olive oil
½ tsp sesame oil
¼ tsp paprika
1 tbsp hot water
1 tbsp sweet chilli sauce
Good squeeze lemon juice
Freshly ground black pepper
Tabasco (optional)

Method

In a small bowl whisk together the crushed garlic, olive oil, sesame oil, paprika, hot water and sweet chilli sauce.

Place the chickpeas in a food processor or blender and drizzle the sweet chilli mixture over the top. Pulse for 30 seconds then stop and scrape down the sides with a rubber spatula.

Add a squirt of lemon juice then repeat at least three more times or until the hummus is thick yet quite smooth. Taste and adjust seasoning accordingly. I add a few shakes of Tabasco at this point, however you could add another squeeze of lemon juice or some extra sweet chilli sauce if you wish. If you want a smoother, less thick hummus add another tablespoon of hot water at this point.

Give the hummus one last good blitz and then transfer to a serving bowl or plastic container for later use.

Will keep, refrigerated, for about three days.

Source: A Taste Without Waste original.

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