

## 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
- 2 tbsp extra virgin olive oil
- 1 tsp paprika
- 4 rounds of pitta bread

### Preparation method

1. Drain the chickpeas and rinse. Reserve a few whole chick peas for serving.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor, and blend to a creamy purée.
3. Add more lemon juice, garlic, cumin or salt to taste. Turn out into a dinner plate, and make smooth with the back of a spoon. Drizzle with extra virgin olive oil and scatter with the reserved chickpeas.
4. Sprinkle with paprika and serve with pita bread, warmed in a moderate oven for three minutes, and cut into quarters.



**less than 30 mins**

preparation time

**less than 10 mins**

cooking time

**Serves 2-4**

**By** Jill Dupleix

*This easy dip recipe is great to make sandwiches for your lunchbox, or simply to serve with breadsticks or pitta.*