

Liz's Hommus

Makes 1 ½ cups

- 1 400gm can chickpeas*, drained and rinsed
- 2 tbspn tahini paste (sesame seed paste found in the health foods section of the supermarket)
- 1 tbspn extra virgin olive oil
- Juice of ½ a lemon
- ½ cup water
- ½ tspn Pataks Madras curry paste (or curry powder/paste to taste)
- 1 clove of crushed garlic
- Salt and pepper to taste

Method

Drain and rinse the chickpeas and whiz in a food processor with all the other ingredients.

Serving Suggestions

Serve with rice crackers or veggie sticks as a dip. As a sandwich filling, or alternatively serve with warmed flat bread/pita bread and plain yoghurt as an entrée.

*Chickpeas are a valuable source of protein, carbohydrate and fibre. Each 400gm can contains approximately 30gm of protein, 70gm of carbohydrate and 31gm of fibre.