



Mint Hummus



DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES



COOKING TIME: 5 MINUTES



SERVES: 4

Ingredients

30 g mint
15 g parsley
1 clove garlic
½ lemon
2 tbsp tahini
½ tsp ground cumin
¼ tsp salt
90 ml water (cold)
425 g canned chickpeas (drained)
100 g peas (frozen)
200 g baby carrots
1 bunch radishes
4 stalks celery
salt
pepper
pomegranate seed (for serving)
olive oil (for frying and serving)

Method

1. Pluck mint and parsley leaves, then chop roughly. Mince garlic. Juice the lemon.
2. Add the chopped herbs and garlic to a tall jug along with lemon juice, tahini, ground cumin, salt, and water and mix until combined with a stick blender. Add chickpeas and peas and blend until smooth.
3. Half carrots and radishes, half celery stalks lengthwise and divide into quarters or halves, depending on the size. Heat oil in a frying pan on Induction Hob heat setting 7, add vegetables, and fry approx. 3 min. Season with salt and pepper to taste.
4. Add hummus to a serving plate, top with the charred vegetables, and garnish with pomegranate seeds and a drizzle of olive oil. Enjoy!

Notes
