



Consejo del chef

If you do not want to break the diet with pita bread, you can use carrots, celery or other vegetables to dip and eat without remorse.

Raciones para 1

1/4 kg
Cooked chickpeas

60 ml
Lemon juice

100 ml
Water

260 g
Tahini (sesame paste)

4
Cloves of garlic

1 pinch
Cumin

1 pinch
Salt

1 pinch
Parsley

1 pinch
Peppers

Olive oil

- 1 Separate a few cooked chickpeas for decoration and mash half of the baked chickpeas with half the garlic, tahini and half the lemon juice. Add the remaining cumin, salt, lemon and garlic.
- 2 Check the texture of the remaining paste and, if it's too thick, add a little more of cold water and continue to mash it for about five minutes. The paste should look smooth without being overly liquid.
- 3 It's time to put the preparation in a container, cover it with cling film and place it in the refrigerator. Don't take it out until half an hour before consumption.
- 4 When serving the dish, place the hummus in a bowl, dress with a dash of olive oil, sprinkle with good quality paprika and a little chopped parsley. All that remains is to decorate it with some of the cooked chickpeas we had set aside first.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/hummus-casero/>

