



Consejo del chef

When the vegetables are cooked, arrange them in a large platter in sections, season with the salt flakes and fresh thyme. Serve with the hummus.

Raciones para 2

1 Red pepper

1 Courgette

7 Baby carrots

4 Shallots

1 Aubergine

Extra virgin o

Salt flakes

Fresh thyme

300 gr Cooked chickpeas

75 gr Sun-dried tomatoes in oil

1 Clove of garlic

2 Tablespoons of tahini

Lemon juice

1/2 Teaspoon of cumin

Salt

Pepper

Paprika

Fresh parsley

1 For the grill: preheat the SteakMaster with the grill in manual mode. Slice the red pepper and courgette, halve the shallots and slice the aubergine.

2 Brush with olive oil and place on a preheated grill. Cook for five minutes.

3 For the hummus: in a mixer, grind the chickpeas with the tomatoes, garlic, tahini, the juice of half a lemon, the oil, cumin, salt and pepper until obtaining a smooth paste. Serve in a bowl garnished with oil, paprika and parsley leaves.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/parrillada-de-verduras-con-hummus-de-tomate/>

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