



## 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 oil

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/>

