

# Grilled vegetables with tomato hummus

COOKING  
LOVERS TESA



## 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

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

