



## 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/>

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