



BEETROOT HUMMUS

10 servings. Ready in 10 min.

Ingredients

Fresh lemon (for lemon zest and lemon juice), 0.5 lemon (54 g)

small clove of Garlic, 1 clove (3 g)

Tahini, 2 tbsp (30 g)

Chickpeas (Garbanzos), Canned, 1 tin (400 g)

Sea salt (or Himalayan salt), 1 Pinch (2 g)

Cumin, 1 teaspoon (2 g)

Beetroot, small, 20 grams (20 g)

Instructions/Preparation

1. Preheat oven to 190 C, remove the stem and most of the root from your beetroot, and scrub and wash it underwater until clean.
2. Wrap beet tightly in aluminium foil, and roast for 30 minutes or until soft. Set a side to cool to room temperature.
3. Drain and tip the chickpeas into a food processor.
4. Peel and add the garlic.
5. Add the tahini.
6. Zest the lemon and squeeze the lemon. Add the juice.
7. Add aquafaba 5 tbsp (water of canned chickpeas) and chopped beetroot.
8. Season with a pinch of salt, cumin, paprika.
9. Pop the lid on and blitz.
10. With the help of a spatula, scrape the hummus down the sides of the bowl, then blitz again until smooth.
11. Have a taste and add more lemon juice or a splash of water from chickpeas (aquafaba) to loosen, if needed.
12. Use the zest lemon if desired as decoration on the top.
13. Transfer to dip containers.

