

Hummus with capsicum and pepitas

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Preparation time: 15 minutes

Ingredients

- ¼ cup tahini
- 1 lemon, juiced
- 1 medium capsicum, roasted and roughly chopped
- 400g can chickpeas, drained and rinsed
- 1 clove garlic, roughly chopped
- 2 tbsp extra virgin olive oil
- ½ tsp ground cumin
- salt to taste
- 2–3 tbsp water
- 1 tsp pepitas, roasted
- paprika, for serving
- 1 carrot, cut into sticks
- 2 celery stalks, cut into sticks
- 1 packet of grainy crackers

Method

1. Add tahini and lemon juice to food processor, blend for 1 minute or until mixture becomes thicker.
2. Add capsicum, chickpeas, garlic, olive oil, cumin and salt to taste. Blend until a smooth paste forms.
3. Slowly add water and blend to create a creamy whipped texture.
4. Place in a serving dish, sprinkle with pepitas and paprika.
5. Serve with grainy crackers, carrots and celery.

