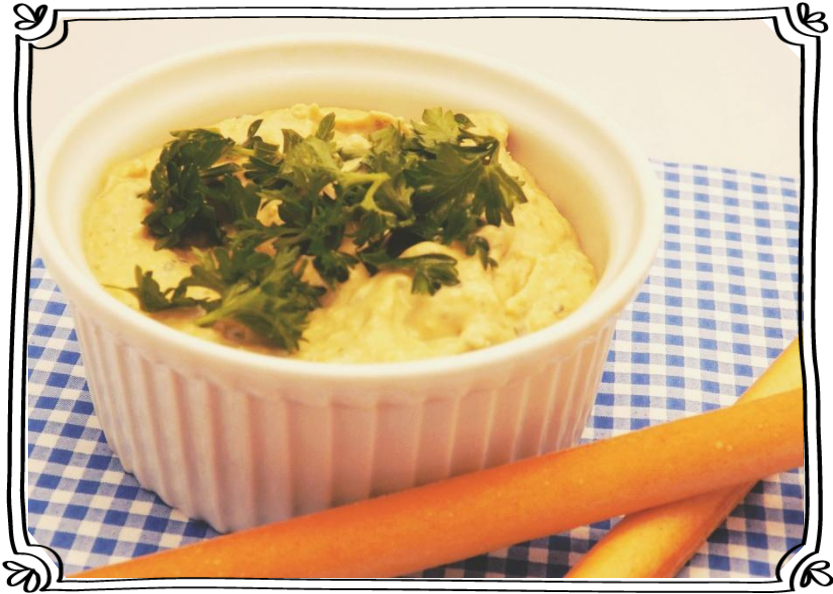


# HERBY HUMMUS

Serves: 2

Preparation time: 15 minutes



## INGREDIENTS

1 14 ounce can chickpeas

3 tablespoons lemon juice

A handful of parsley

1 clove garlic

1 tablespoon olive oil

Pinch of salt

Vegetable sticks and bread sticks



## EQUIPMENT

Mortar and pestle

Serving dish -

(ramekin or bowl)

Plate

## TOP TIPS

If you have a mortar and pestle which is not big enough to hold all the ingredients do this in smaller quantities at a time and add to a bowl as you go then thoroughly mix together. This can be kept in the fridge for 3 days.



## METHOD

1. Place the salt and the garlic clove into the mortar and pestle. Grind until it forms a paste and then add the chickpeas.
2. Grind and gradually add the olive oil and lemon juice until it forms the right texture for you.
3. Chop parsley leaves (discard stalks they can be tough) and add to mixture.
4. Serve in dish on a plate with the vegetable sticks and bread sticks.