



Beetroot hummus

10'

Hands on

8 hours'

Hands off

60'

Cook Time

20

Portion(s)

1

Difficulty



Method

- Add the chickpeas into a **bow**l and soak them in water and 1 teaspoon salt from the previous night.
- Drain them and rinse well.
- In a **pot** over high heat, add 1,5 liters water and boil the chickpeas until they are tender, for about 40 minutes to 1 hour.
- Drain well in another bowl (keep the water) and add them into a food processor along with the boiled beetroots, olive oil, lemon zest, lemon juice, garlic, tahini, cumin, paprika, salt, pepper, and process them until the mixture is homogenized.
- If your mixture is too thick, add a little of the boiled chickpeas water.
- Season with salt and pepper, have a taste of the hummus, and adjust the quantity of the ingredients according to your preferences.
- Sprinkle with thyme, sesame seeds, black sesame seeds, and a drizzle of olive oil.
- **Serve** with cut tortillas, lightly sautéed in the frying pan.

Ingredients

- 250 g chickpeas, peeled, raw
- 1 teaspoon salt
- 1 ½ liters water
- 300 g beetroots, boiled
- 150 g olive oil + extra to serve
- zest of 1 lemon
- lemon juice of 1-2 lemons (depending on your preference)
- ½ clove of garlic, optional
- 100 g tahini
- 1 level teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- pepper
- tortillas, to serve
- thyme, to serve
- sesame seeds and black sesame seeds, to serve

Διατροφικός πίνακας

Nutrition information per 100 gr.

143 Calories (kcal)	11.0 Total Fat (g)	1.5 Saturated Fat (g)	6.8 Total Carbs (g)
7%	16%	8%	3%
1.6 Sugars (g)	3.9 Protein (g)	2.0 Fibre (g)	0.36 Sodium (g)
2%	8%	8%	6%