

Green Hummus

Bialik College Kitchen Garden Program



Ingredients:

- 400g can chickpeas, drained & rinsed
- 1 cup silverbeet, stalks removed
- 1 teaspoon cumin seeds
- 1 clove garlic, crushed
- 2 lemons
- 2/3 cup tahini paste
- salt/pepper

Equipment:

- food processor
- spatula
- knife
- chopping board
- juicer
- frying pan
- mortar & pestle
- metric measuring spoon/cups
- garlic crusher
- shallow plate for serving

Method:

1. Heat cumin seeds in a frying pan over medium heat, once you can smell the cumin, tip the seeds into the mortar & pestle to grind to a powder.
2. Peel and crush garlic.
3. Juice lemons.
4. Shred silverbeet.
5. Place the chickpeas, silverbeet, cumin, lemon juice and garlic in the food processor. Process to a smooth cream. Add a little water if necessary.
6. Pour in the tahini and process again. Add more water if too thick. Taste for salt & pepper.