

HOMEMADE HUMMUS

with fresh vegetables and pita bread

Ingredients

For the hummus

½ cup chickpeas
½ lemon
¼ cup tahini
1 tbs extra virgin olive oil
¼ teaspoon ground cumin
¼ teaspoon paprika
Salt
1 clove garlic (to taste)
2 tablespoons water
Handful of fresh parsley

To dip

1 carrot, sliced length-ways
1 red capsicum
1 cucumber
Wholemeal pita bread, cut into strips

Directions

1. Combine tahini and lemon juice in a food processor and blend until smooth. Add in oil, garlic, spices and salt and blend until combined.
2. Drain and rinse chickpeas and add into the processor, blend on high until combined into a thick paste. Add cold water until a smooth consistency is formed.
4. Top with drizzle of oil, paprika and parsley, serve with pita bread and vegetable sticks on the side, or refrigerate in an airtight container.

READY IN: 10 MIN

SERVES: 6-8



PROJECT PANTRY RECIPES

**Nutrition
Australia**
New South Wales

HUG IN A MUG SOUP

Warm winter vegetable and chicken soup

Ingredients

2 sprigs fresh flat-leaf parsley
1 carrot, cubed
1 stalk celery, cubed
100 g fresh brown mushrooms, cut into halves
1 brown onion, cubed
50 g salted butter, cut into pieces
500 g chicken breast fillets, cut into pieces (2 cm)
1/4 cup chickpeas
50 g plain flour
2 pinches ground black pepper
800 ml salt reduced chicken stock
Wholemeal wraps or pita bread, cut into strips and toasted

Directions

1. Combine butter, parsley, carrot, onion and celery and sautee on medium heat for 5 minutes until softened
2. Add chicken, flour, mushrooms and pepper and cook on medium heat for 2 minutes
3. Add chickpeas and stock, cover and cook on medium-high heat for 15 minutes
4. Serve with toasted wholemeal wraps or pita bread

READY IN: 30 MIN

SERVES: 4

This recipe is adapted from Cookidoo Thermomix Recipes.