

Beetroot Hummus

Serves: 8

Prep time: 20 minutes

Cook time: 10-12 minutes



½ serve per portion

Ingredients

1 large beetroot, leaves and roots removed

400g can chickpeas, rinsed and drained

½ teaspoon cumin powder

1 lemon, juiced

1 tablespoon tahini

2 tablespoons olive oil

2 cloves garlic

½ teaspoon vegetable stock powder

Sweet paprika, to serve

Vegetable sticks, to serve

Method

MICROWAVE beetroot on high in a bowl with lid for 10-12 minutes. Slip skin off cooked beetroot.

ADD beetroot, chickpeas, cumin, lemon juice, tahini, olive oil, garlic and stock powder to food processor and blend until smooth.

SERVE with a sprinkle of sweet paprika and a variety of vegetable sticks.

Alternative method: 225g canned beetroot, drained of juice works just as well.



Everyday Food

Recipe courtesy of the Country Kitchens Team