Hummus

**Difficulty:** Easy

**Serves:** 30 tastes

**Fresh from the garden:** lemon, garlic, parsley

**Recipe source:** Adapted from Stephanie Alexander’s Kitchen Garden Companion

**Equipment:**
- Metric measures
- Blender
- Spatula
- Serving bowls

**Ingredients:**
- 300 grams chick peas, drained
- Salt
- Pepper
- 2 teaspoons ground cumin
- 2 gloves garlic
- 1 medium lemon, juiced
- Handful parsley sprigs
- Olive oil

**What to do:**

Drain chickpeas and add to the bowl of the blender. Add the ground cumin and season with pepper.

Process, and then add a good pinch of nice sea salt, garlic lemon juice, and a good glug of olive oil. Process again.

You may need to a little water until it’s blended into a soft puree. Taste and add any extra seasonings as necessary.

Spoon into 3 serving bowls and garnish each one with some torn parsley and a little drizzle of oil.

Serve smeared onto flatbreads!

**Notes:** The word for chickpea in Arabic is hummus. Hummus is a creamy paste made from chickpeas. Hummus can be eaten with bread, vegetable sticks or dolloped over a fresh salad.