

Makes about 2 cups

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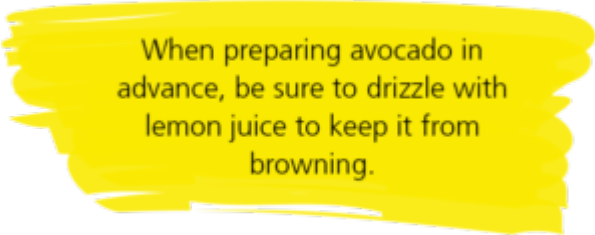
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Ingredients:

- 1 can (400g) chickpeas rinsed, drained and skins removed
- ¼ cup (60ml) tahini
- 4 cloves garlic, roughly chopped
- 3 Tbsp (45ml) lemon juice
- ½ cup (125ml) parsley leaves
- ½ cup (125ml) basil (stems removed)
- 1 diced ripe and ready avocado
- 2 Tbsp (30ml) olive oil
- Salt and milled pepper

Method:



When preparing avocado in advance, be sure to drizzle with lemon juice to keep it from browning.

1. Combine all ingredients except the oil and seasoning.
2. Blitz in a bowl or a blender until smooth.
3. Add the oil and season to taste.
4. Serve immediately as a dip or spread over toast. (If using later, place clingfilm directly on the surface of the hummus and keep refrigerated for up to a day until serving).