

Less than 1 hour

Serves 4 / Makes 2 cups hummus

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Ingredients:

Avo hummus:

- 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 ripe and ready avocado, diced
- 2 Tbsp (30ml) olive oil
- Salt and milled pepper

For toast:

- 2 cans (400g each) chickpeas, rinsed
- 2 Tbsp (30ml) olive oil + extra for frying
- 2 Tbsp (30ml) lemon juice
- 1 Tbsp (15ml) each smoked paprika and cumin
- ½ coil (100g) chorizo
- 8 slices sourdough bread, buttered
- 1 large tub (250g) PnP regular or avo hummus
- 2-3 avocados
- Parsley, for serving

Method:

GOOD IDEA

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

1. Preheat oven to 200° C.
2. For avo hummus, combine all ingredients except olive oil in a bowl or blender and blitz until smooth.
3. Add olive oil and season.
4. Cover with clingfilm directly on hummus and keep refrigerated for up to a day until serving.
5. Toss chickpeas with oil, lemon juice and spices on a baking tray.
6. Roast, tossing regularly for 20-35 minutes or until crispy.
7. Heat a glug of oil in a pan, slice chorizo and fry until crispy.
8. Toast bread in a pan or sandwich press.
9. Top toast with hummus, chickpeas and chorizo.
10. Drizzle with paprika-spiced oil from the pan.
11. Cut avos in thin slivers and top the toast with them - create an avo rose if you like (see below).
12. Scatter with parsley and serve.

For a step-by-step on how to make avo roses, click [here](#).