

30 minutes

Serves 4-6

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Ingredients:

Traditional chickpea hummus:

- 2 cans (400g each) chickpeas, drained and rinsed
- 3 Tbsp (45ml) tahini paste
- Juice (60ml) of 1 lemon
- 1 tsp (5ml) ground cumin
- ½ tsp (3ml) ground coriander
- ½ cup (125ml) olive oil
- Salt and milled pepper
- Pomegranate rubies, for serving (optional)

Carrot and coriander hummus:

- 1 can (400g) chickpeas, drained and rinsed
- 1 Tbsp (15ml) olive oil
- Salt and milled pepper
- 4-5 carrots, peeled and chopped
- 1/3 cup (80ml) olive oil
- ½ tsp (3ml) ground cumin
- 1 tsp (5ml) ground coriander
- 3 Tbsp (45ml) tahini paste
- Juice (60ml) of 1 lemon
- Blanched baby vegetables, for serving (we used carrots and sugar snap peas)
- Fresh thyme, for serving

Method

1. Preheat the oven to 180°C.

2. For traditional hummus, evenly arrange chickpeas on a baking tray.
3. Roast for 8-10 minutes.
4. Blitz roasted chickpeas and remaining ingredients until smooth.
5. Season and serve garnished with pomegranate rubies.
6. For carrot and coriander hummus, evenly arrange chickpeas and chopped carrots on a baking tray.
7. Drizzle with olive oil, toss through spices and season.
8. Roast for 15-20 minutes or until golden and cooked through.
9. Blitz roasted mixture and remaining ingredients until smooth. Season.
10. Serve with baby vegetables and garnish with thyme.

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