

Hummus Topped with Chermoula Chickpeas

Preparation time: 15 minutes

Recipe by: Ryvita



INGREDIENTS

- 1 clove garlic (3g)
- Bunch coriander (4g)
- Juice ½ lemon (20g)
- 1 tsp paprika (2.3g)
- 1 tsp ground cumin (2g)
- 1 tbsp. extra virgin olive oil (12.6g)
- 1 tbsp. white wine vinegar (11.4g)
- 240g chickpeas, drained - 200g for hummus, 40g for topping
- 1 tbsp. tahini (18g)
- Juice 1 lemon (40g)
- 1 tbsp. extra virgin olive oil (12.5g)
- 1 clove garlic, finely chopped (3g)
- 10 Ryvita Thins

METHOD

1. Blitz all the chermoula ingredients together in a food processor with some seasoning. Coat the 40g chickpeas in 1 tbsp (20g) chermoula. The rest will keep in the fridge to have drizzled over cooked meat or fish.
2. For the hummus blitz together 200g chickpeas, tahini, lemon juice, olive oil, garlic and some seasoning until smooth, adding a splash of water if needed.
3. Serve the chermoula chickpeas on top of the hummus alongside the Thins. (Thins haven't been included in the nutritional information)

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