



## Food For Thought Recipe and Allergen Card

### Hummus

30 Portions

| Ingredient                  | Hannah Product Code | Quantity    |
|-----------------------------|---------------------|-------------|
| Cooked Chickpeas            | D001486             | 2x 400g tin |
| Olive oil                   | D001010             | As required |
| Garlic – Peeled and chopped |                     | 1 clove     |
| Lemon juice                 |                     | To taste    |
| Paprika                     | D001181             | To taste    |
| Salt                        | D001199             | To taste    |
| Pepper                      | D001103             | To taste    |
|                             |                     |             |
|                             |                     |             |
|                             |                     |             |
|                             |                     |             |
|                             |                     |             |
|                             |                     |             |

#### RECIPE METHOD – ALLERGENS

1. Drain and rinse chickpeas
2. Puree in a food processor with chopped garlic clove
3. Add olive oil and lemon juice to achieve the desired consistency – this should not be dry, but not too wet
4. Use the seasoning to adjust the flavours as desired and sprinkle with paprika to garnish

By adding additional ingredients, there is a lot of potential variation for this dish.  
For example;

Beetroot  
Soaked sultanas and curry powder  
Red peppers  
Fresh herbs such as basil or mint  
Cinnamon and cumin

|  |
|--|
| The allergens highlighted in <b>RED</b> are present in this dish |
| Allergens:   |
| Cereals : Wheat<br>Rye<br>Barley<br>Oats<br>Spelt<br>Kamut       |
| Milk   |
| Eggs   |
| Peanuts  |
| Tree Nuts  |
| Sesame   |
| Fish   |
| Crustaceans  |
| Molluscs   |
| Celery   |
| Mustard  |
| Soya   |
| Lupin  |
| Sulphites  |
| May contain...   |