



Hummus

Ingredient	10 Portions	50 Portions	100 Portions
Cooked Chickpeas	267g	1.3 kg	2.6kg
Olive oil	As required	As required	As required
Garlic – Peeled and chopped	1 clove	5 clove	1 bulb
Lemon juice	To taste	To taste	To taste
Paprika	To taste	To taste	To taste
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste

Key Points:

Additional ingredients that work well with this recipe are as follows:

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

Method

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

Allergens None