

Nibbly Pig

Beetroot Hummous

Ingredients (serves 4)

Beetroot (200g), cooked, peeled and chopped
1 x 400g tin chickpeas, drained and rinsed
2 tablespoons olive oil
1 lemon, juice only
2 cloves garlic, peeled and roughly chopped
Salt and freshly ground pepper

Method

Add the beetroot to a saucepan with some water and bring to the boil.

Cook for about 25 minutes. Check if they are cooked by poking the beetroot with a knife, (they should be tender to the touch) or you should see the skin starting to peel away.

Once cooked, leave the beetroot to cool before peeling and roughly chopping.

Put the beetroot, garlic and chickpeas into a food processor and whizz until well blended. Then add the lemon juice and olive oil. Give the ingredients a further whizz until you have a thick paste.

Season and serve with pitta bread.

Tip: You can give the hummous a kick by adding some horseradish or wasabi.

