

SPICY HOUMOUS



Houmous and crudités are great to share so this recipe is perfect for all the family. It can also work well as party food so why not treat your guests by serving on a large board or a platter so they can all dig in.

Jamie's top tips

- This houmous is great with or without the chilli, so if you aren't so keen on the spice, just leave it out.
- Houmous served with vegetable batons is a great alternative to sandwiches in packed lunches. You can make a batch and keep the rest in the fridge for another day.
- Vary the crudités and use seasonal produce such as radishes, raw asparagus, cos lettuce, or even apple – just use your imagination!

SPICY HOUMOUS

Serves 4

½ teaspoon cumin seeds
sea salt and freshly ground black pepper
½ dried red chilli
1 small clove of garlic
1 x 400g tin of chickpeas, drained
1 tablespoon tahini
4 tablespoons extra virgin olive oil
1 lemon
½ red onion
olive oil
vegetable crudités, to serve

Equipment list

*Small frying pan
Measuring spoons
Pestle and mortar
Food processor
Tin opener
Spatula
Small serving bowl
Chopping board
Sharp knife*

1. In a small frying pan gently toast your cumin seeds. Peel your garlic clove.
2. Using a pestle and mortar, pound the cumin with a good pinch of salt and the chilli.
3. In a food processor, chop the garlic, then add the chilli and cumin mix, most of the chickpeas and the tahini. Pulse until smooth then mix in the extra virgin olive oil. Taste and season with salt, pepper and lemon juice. Scoop the mixture into a small serving bowl.
4. Peel and slice your onion. Place your frying pan on a high heat, add a splash of olive oil and your sliced onions and cook for 5 to 10 minutes. Add the remaining chickpeas and fry until crispy, then spoon on top of your houmous.
5. Slice your selection of vegetables into finger-length batons and serve along with your houmous.