

* 600g canned chickpeas, drained, rinsed
* 3 garlic cloves, crushed
* 100ml olive oil
* 2 tablespoons tahini (sesame seed paste)
* 1 teaspoon ground cumin
* Juice of 2 lemons (add to taste)
* 1/4 cup (60ml) water

1. Step 1

Place the chickpeas, garlic, olive oil, tahini paste, cumin and lemon juice in a food processor and process until combined. Add 1/4 cup (60ml) of water and process again until quite smooth.

1. Step 2

Place hummus in a bowl and serve with falafel, pita bread and tabbouleh