Hommus

Equipment needed –
Colander, food processor, juicer, garlic crusher, measuring cups, measuring spoons, spatula and 3 small serving bowls.

Ingredients from the Garden –
• 2 cloves of garlic
• 1/3 cup of lemon juice

Ingredients from the Pantry –
• 2 x 400 gram cans of chickpeas
• ½ teaspoon dried chilli flakes
• 2 tablespoons of olive oil
• Salt and pepper to season

What to do –
1. Open the cans of chickpeas and empty into a colander over the sink. Rinse well with cold water. Place the chickpeas into the food processor.
2. Peel and crush 2 cloves of garlic and place in the food processor.
3. Juice the lemon. Measure out 1/3 cup of lemon juice and place in the food processor.
4. Measure out ½ teaspoon of dried chilli flakes and add to the food processor.
5. Measure out 2 tablespoons of olive oil and add to the food processor. Add 2 tablespoons of warm water, season with salt and pepper and process until smooth.
6. Transfer the hommus into 3 small serving bowls, sprinkle with some extra dried chilli and a drizzle of olive oil to serve.

Serves –
• 28 students.