

Beetroot Hommus

Workstation:

Equipment

Chopping board
Non slip mat
Knife
Food processor
Juicer
Measuring cups
Measuring spoons
Baking tray
Colander
Large bowl

Ingredients

400-500 grams beetroot
2x 400 grams chickpeas
1/3 cup of tahini
juice of 1 lemon
2 cloves of garlic
2 teaspoons ground cumin
4 grinds of salt
4 grinds of pepper

Method

1. **Preheat** oven to 200°C
2. **Peel** and **chop** beetroot
3. **Place** on a baking tray in a single layer
4. **Roast** beetroot on a lined baking tray for 25 minutes or until soft
5. **Allow** to cool
6. **Strain** the chickpeas, reserving the liquid to add into the food processor if the mixture is too thick
7. **Place** all ingredients in the food processor
8. **Blend** until smooth, if too thick add chickpea liquid a tablespoon at a time to thin(be careful to not thin mixture too much)
9. **Place** in small bowls to serve