

PEA & PARSLEY HUMMUS



 Serves 1 ½ cups

 Prep Time 10 minutes



INGREDIENTS

- 1 cup Wattie's frozen Baby Peas
- 400g can Wattie's Chickpeas in Springwater
- Handful fresh parsley leaves
- 1 clove garlic, crushed
- 1-2 tsp sesame oil

METHOD

1. Cook Wattie's frozen Baby Peas according to bag instructions.
2. Drain Wattie's Chickpeas and reserve the liquid. Put chickpeas, parsley, garlic, sesame oil and lemon juice into a food

- Juice from ½ lemon

processor. Process until smooth adding enough of the chickpea liquid to make a paste.

3. Check seasoning, adding salt and black pepper and extra lemon juice if necessary.

TIPS

- Serve hummus on crostini.
- Use on sandwiches in place of butter.
- Add into wraps.
- Use on pizza bases. Top with feta, mozzarella, tomatoes and proscuitto.
- Replace mint with parsley if wished.