



Product Spotlight: Chickpeas

Chickpeas are large white peas with a nutty flavour. Like many legumes, they are low-fat, high-protein, fibre-rich, vitamin and mineral dense food.



Whipped Hummus

with Roasted Baby Carrots & Buckwheat

Home-made whipped hummus topped with sumac roasted Dutch carrots and beetroots alongside a fresh salad of watercress, orange and creamy avocado.



35 minutes



2 servings



Plant-Based

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Mix it up!

Drain, rinse and pat dry half of the chickpeas. Toss with oil, salt and sumac on a lined oven tray and roast along with the vegetables for a crunchy topping. Halve the measurements for the hummus.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	36g	108g

FROM YOUR BOX

BUCKWHEAT	100g
BEETROOTS	2
DUTCH CARROTS	1 bunch
TINNED CHICKPEAS	400g
LEMON	1
CHIVES	1 bunch
AVOCADO	1
ORANGE	1
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, sumac, tahini, vinegar of choice

KEY UTENSILS

saucepan, oven tray, food processor or stick mixer

NOTES

To get a light and airy hummus, you may need to blend it for longer than usual. If the texture is still quite heavy, add a bit more water or lemon juice. If your lemons are a bit dry, add 1/2 to 1 tbsp vinegar to taste.

You can also plate this dish up on a large platter and take to the table for sharing.



1. COOK THE BUCKWHEAT

Set oven to 220°C.

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Wedge beetroot and trim carrots. Toss on a lined oven tray with **2 tsp sumac, oil, salt and pepper**. Roast for 20 minutes or until tender.



3. MAKE THE HUMMUS

Drain chickpeas reserving 1/4 cup liquid. Place into a food processor bowl (or large jug) with **1 tbsp tahini, 1 tbsp olive oil**, 1 tsp lemon zest and all juice. Blend to a smooth consistency. Chop and fold through 1/2 the chives (or to taste). Season with **salt and pepper** (see notes).



4. MAKE THE DRESSING

In a large bowl whisk together **1 tbsp olive oil, 1/2 tbsp vinegar, 1/2 tsp sumac, salt and pepper**.



5. PREPARE THE FRESH SALAD

Dice avocado, slice oranges and roughly chop watercress. Add to dressing bowl with buckwheat and gently toss together.



6. FINISH AND SERVE

Spread a layer of hummus on the bottom of plates. Top with buckwheat salad and roasted vegetables. Sprinkle with remaining chives to serve (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

