



## 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.



## 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.*

# 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



4 servings



Plant-Based

20 January 2023

Per serve: **PROTEIN** 21g **TOTAL FAT** 36g **CARBOHYDRATES** 93g

## FROM YOUR BOX

BUCKWHEAT	200g
BEETROOT	3
DUTCH CARROTS	1 bunch
TINNED CHICKPEAS	2 x 400g
LEMON	1
CHIVES	1 bunch
AVOCADOS	2
ORANGES	2
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 a little longer than usual. If the texture is still quite heavy, add a little 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 beetroots 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 1/2 cup liquid. Place into a food processor bowl (or large jug) with **2 tbsp tahini, 2 tbsp olive oil**, lemon zest and juice. Process to a smooth consistency. Chop and fold through 1/2 the chives. Season with **salt and pepper** (see notes).



### 4. MAKE THE DRESSING

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



### 5. PREPARE THE FRESH SALAD

Dice avocados, 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**

