

Recipe

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COLOURFUL HUMMUS*

This snack is cheap*, vegan* and delicious. Make these different colourful versions to celebrate Hummus Day, on 13 May.

INGREDIENTS

For the basic hummus*

- 400g can* of chickpeas* drained* (keep* the liquid aside)
- 50ml of liquid from the chickpeas
- 60ml olive oil
- 2 garlic* cloves peeled* and chopped*
- juice and zest of 1 lemon
- 3 tablespoons* tahini*

For pink hummus

- 1 cooked* beetroot

For green hummus

- 3 tablespoons spinach* and parsley*

BASIC HUMMUS RECIPE*

- 1 Put the chickpeas and liquid in the food* mixer. Mix*.
- 2 Add* the other ingredients and mix again. If the hummus is too thick*, add some more of the liquid you drained* from the can.

→ PINK HUMMUS

First*, make the basic hummus recipe.

Then cut* one cooked*, peeled* beetroot into cubes.

Add the beetroot to the hummus in the food mixer. Mix again.

→ GREEN HUMMUS

First, make the basic hummus recipe.

Then, wash and chop* 3 tablespoons of spinach leaves and parsley.

Add the spinach and parsley to the hummus in the food mixer. Mix again.

HELP!

add: ajouter
can: boîte de conserve
cheap: pas cher
chickpea: pois chiche
chop: hacher
chopped: haché

colourful: coloré
cooked: cuit
cooked beetroot: betterave cuite
cut into cubes: couper en dés
drained: égoutté
first: tout d'abord

food mixer: mixeur
garlic clove: gousse d'ail
hummus: humous
keep aside: garder de côté, réserver
mix: mixer
parsley: persil

peeled: épluché
recipe: recette
spinach: épinard
tablespoon: cuillère à soupe
tahini: crème de sésame
thick: épais

vegan: végétalien (qui exclut tout aliment d'origine animale)