

Halloween Hummus

Season: Halloween

Serves: 30 tastes

Fresh from the Garden: Parsley

Equipment:

Chopping boards
Knives
Food processor
Garlic crusher
Measuring cups and spoons
Colander
3 serving bowls

Ingredients

500g Kent pumpkin, peeled, seeded, chopped into chunks
Olive oil
Salt and pepper
400g can chickpeas
2 small cloves garlic
2 teaspoons ground cumin
2 tablespoons lemon juice
1/3 cup olive oil
Fresh parsley sprigs for garnish

What to do:

1. Preheat oven to 200°C, eco fan setting. Prepare pumpkin. Toss in a bowl with olive oil and a little salt and pepper. Place pumpkin on a baking tray lined with baking paper and cook for about 30 minutes, until tender. NOTE: this step has been done for you.
2. Rinse and drain chickpeas in the colander. Tip chickpeas into food processor bowl. Crush garlic and add to food processor along with the pumpkin and cumin. Process until almost smooth. Add the lemon juice and process again.
3. With the motor running, add the olive oil in a thin stream until the oil has been incorporated into the dip. Taste and season as required.
4. Share the dip between 3 small serving bowls and scatter with parsley.

Notes: Serve with Lebanese bread crisps and veggie sticks.