

## Classic Homemade Hummus with Lemon & Coriander

**Recipe Makes:** 30 Tablespoons Approx.

### Nutritional Value (per serving)

**Calories:** 31 kcal      **Protein:** 0.7 g      **Carbohydrate:** 2 g      **Fat:** 2.4 g

### Ingredients

1 cup Kabuli Chana (White Chickpeas), soaked overnight

4 cloves Garlic

1/2 teaspoon Cumin powder (Jeera)

1/2 teaspoon Red Chilli powder

Salt, to taste

1/4 cup Extra Virgin Olive Oil

2 Lemon, juice extracted

1/4 cup Water, or kabuli chana stock

Coriander leaves, small bunch, finely chopped

### For Tahini/ Sesame Paste

1/4 cup Sesame seeds (Til seeds)

Water, as required to make a paste



### Instructions

1. To begin making the recipe, cook the kabuli chana/ chickpeas in a pressure cooker for about 45 minutes until it is very soft. Turn off the heat and allow the pressure to release naturally. Keep this aside.
2. Next step is to make the tahini/ sesame paste. Into a small jar of the mixer grinder, add the sesame seeds and water. Blend to make a smooth paste. If you have store bought tahini, then you can go ahead and use 2 tablespoons of that.
3. Into a mixer grinder or a food processor, add cooked chickpeas, sesame paste/ tahini, lemon juice, garlic, olive oil, cumin powder, red chilli powder and water/ kabuli chana stock.
4. Blend to get a smooth hummus. Transfer the Classic Hummus into a bowl. Check for the salt and lemon levels and adjust to suit your taste.

5. Garnish with chopped coriander and serve. You can store the hummus in an airtight container for a week and use it as and when required in a wrap or a spread over a sandwich.