



The Smoothest Red Pepper Hummus

Makes one large bowl. Can be made ahead and refrigerated for up to 5 days for a great lunchbox snack!

Ingredients

1 red pepper (bell pepper or capsicum)
250g dried chickpeas (soaked overnight)
300g cups dried chickpeas
1 tsp baking soda
1 ½ l water
260ml tahini
4 Tbsp lemon juice, freshly squeezed

4 cloves garlic, crushed
1 tsp smoked paprika
1 tsp ground cumin
½ tsp salt, to taste
6 ½ Tbsp ice cold water
Drizzle of olive oil, to serve (optional)

Instructions

Preheat the oven to 180C (350F).

Wash, core and chop the pepper lengthwise into eight pieces. Rub the pieces of pepper in olive oil. Transfer to a large baking tray (skin side down) and sprinkle a pinch of salt over the pieces of pepper. Roast the pepper for 15-20 minutes until the edges just start to brown. Once cooked, remove from the oven and set aside to cool.

Whilst the pepper cooks, drain the soaked chickpeas. Warm a large saucepan over a high heat. Stir in the drained chickpeas and baking soda. Stir fry, moving continuously for 3 minutes.

Pour the water into the saucepan and stir to combine with the chickpeas. Bring to a boil and cook for 20-30 minutes. As the chickpeas cook, skim off any foam from the surface. After 20 minutes, test the softness of a chickpea by pressing it between your thumb and finger. It should be tender and easily crushed but not mushy. Once cooked, drain the chickpeas and set aside to cool.

Combine the chickpeas, cooled peppers, tahini, lemon juice, garlic, paprika, cumin and salt in a food processor (or combine in a mixing bowl if using a hand blender) and blend to a smooth consistency. Gradually add the ice cold water, until the mixture reaches a creamy paste consistency.

Transfer the hummus to a large serving bowl and serve immediately with crudité's or warmed pita bread. Alternatively, store the hummus in an airtight container and refrigerate for up to 5 days.