

# BEETROOT & LEMON HOUMOUS



Easy



45 minutes



Dip



04 Servings

## INGREDIENTS

1 x 250g jar of chickpeas  
250g cooked beetroot  
2 lemons  
1 clove of garlic  
extra virgin olive oil  
1 tablespoon natural yoghurt



## COOKING STEPS

Wash the beets gently, making sure that you don't tear the skins, then place in a pan of warm water. Bring to the boil, reduce the heat and simmer until tender – around 30 minutes.

To make the houmous, drain the chickpeas and then combine with the beetroot and the zest and juice of 1 lemon in a food processor. Blitz on a high speed for 1 minute.

Peel and mince the garlic, then add to the processor alongside a little seasoning and 2 tablespoons of extra virgin olive oil. Blitz again until smooth. Taste and tweak with extra lemon juice.

To serve, tip into a shallow bowl and then swirl through the yoghurt with finely grated lemon zest and a drizzle of extra virgin olive oil.