

# Delicious dips

Design and technology - Cooking and nutrition: healthy and varied diets

Mrs Enock



# Recipe card - Hummus

*Allow space in the corner for your webcam video*

Ingredients	Method
<ul style="list-style-type: none"><li>- 200g/7oz <b>canned chickpeas</b></li><li>- 2 tbsp <b>lemon juice</b> or more</li><li>- 2 <b>garlic cloves</b>, crushed</li><li>- 1 tsp ground <b>cumin</b></li><li>- 4 tbsp <b>water</b></li><li>- 2 tbsp <b>olive oil</b></li><li>- Optional extra: <b>AVOCADO</b> if making an avocado hummus.</li></ul>	<ol style="list-style-type: none"><li><b>1.</b> Drain the chickpeas and rinse.</li><li><b>2.</b> Combine the chickpeas, lemon juice, garlic, cumin, salt and water in a food processor (or electric whisk) and blend to a creamy purée.</li><li><b>3.</b> Add more lemon juice, garlic, cumin or salt to taste.</li></ol>



# Reflecting on today's lesson

What went well, what was tricky, what would you change next time?

What went well?	What was tricky?	What would you change?

