

INGREDIENTS

250g dried chickpeas
1/3 cup DIY Almond Milk Paste
2 cloves Garlic
¼ tsp Ground Cumin
Salt & Black Pepper
Juice of 1 Lemon
2 Tbsp Almond oil
1 Tbsp Pomegranate molasses

1/3 cup Roasted Almonds, chopped
8 Cherry Tomatoes, cut in half
¼ cup each of Parsley, Coriander, Dill
1 Tbsp Almond Oil
1 tsp Pomegranate Molasses

INSTRUCTIONS

PREP: Soak the chickpeas at room temperature for 24 hours.

1. Drain the chickpeas and place into a pot and cover with water, bring to the boil. Turn down and simmer for 45mins, topping up the water if required. The chickpeas should be very soft.

2. While warm, place the chickpeas and enough of the water to cover them, into a blender with the DIY milk paste, garlic, cumin, seasonings and lemon juice.

3. Blend for 2 mins to a smooth and light puree, add water and seasoning if needed. (You should be able to stir through it without a spoon falling over)

Serve while warm with Almond Oil and Pomegranate Molasses.



Tom Walton's Hummus



Makes approx. 1 L



60 minutes +prep

This hummus is great served with the suggested salad or pair on its own with your favourite fish or meat dish.

Salad:

In a small mixing bowl, toss the almonds, tomatoes and herbs. Dress with the almond oil and pomegranate molasses.

Tip:

Store in a airtight container for up to 5 days in the fridge.

