



PARSLEY HUMMUS

Categoria: Starter **Tempo di preparazione:** 20 minutes + 10 minutes **Difficoltà:** molto facile 🟢

Ingredienti per 4

- 300g ready made hummus
- 30g finely chopped parsley
- 2 tbsp finely chopped mint
- 2 tbsp finely chopped coriander
- 2 tablespoons tahini
- Juice of 1/2 lemon
- Pinch of cumin

Serve with vegetables and pita wedges to dip with, such as cucumber, red chicory, carrots, radishes

Preparation time: **20 minutes + 10 minutes**

Serves: **4**

Method

Using a fork or spoon, fluff up the humus, then stir in the herbs and mix well.

Beat in the tahini, lemon juice and cumin and season to taste.

Arrange in a shallow bowl, and drizzle with a little more olive oil if desired and serve with vegetables and pita wedges for dipping.

Cooks tip: Be sure all the herbs are finely chopped so that the flavour of the herb comes through.

