Red Lentil Hummus

SERVES: 4 | PREP TIME: 10 minutes | COOK TIME: 20 minutes | APPROXIMATE COST: £3

INGREDIENT



- 1 cup dried red lentils
- ¼ cup smooth tahini
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 garlic cloves
- 1 red onion, sliced
- ½ teaspoon grated fresh ginger
- ½ teaspoon cumin
- ¼ teaspoon coriander
- ¼ teaspoon turmeric
- ¼ teaspoon cardamom (optional)
- ¼ teaspoon cayenne (optional)
- ½ teaspoon sea salt
- freshly ground black pepper
- Water, if necessary, for consistency
- Pitta bread or Naan and/or cut vegetables, for serving

METHOD

Put the lentils and cut onion in a medium pan and add 2 cups of water. Bring to a boil. Reduce to low and simmer, covered, until tender, about 15 minutes. Make sure it does not stick to the bottom of the pan. If necessary add more water.

Turn off the heat and let the lentils cool for 10 to 15 minutes, sieve and transfer to a blender or food processor.

Add all the other ingredients, which you have prepared beforehand.

Blend until creamy. If the mixture is too thick, add water, 1 tablespoon at a time, to blend into a creamy consistency.

Taste and adjust seasonings. Chill until ready to use.

Serve with pitta bread, naan or cut vegetables

HANDY TIPS

This humus can be made with canned lentils or any canned beans of your choice.