



Beetroot Hummus



Season: All seasons

Serves: 30 tastes in the classroom or 6 at home

Chick peas are a great source of protein and fibre.

Basil contains disease-fighting antioxidants and acts as an anti-inflammatory, boosts immunity and contains antibacterial properties.

Beetroot is a great source of iron and folate. It also contains a variety of vitamins and minerals.

All of the herbs and vegetables used are organic and from our Ashgrove Garden—grown and harvested by the students.

Equipment:

- Chopping board
- Sharp knife
- Mixing bowl
- Mortar and pestle
- Measuring spoons

Ingredients:

- 1 can of chick peas
- 2 tablespoons Olive Oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon cumin
- 1 pinch of pink Himalayan salt
- Basil
- Parsley
- Roasted organic beetroot

What to do:

1. Drain and rinse chick peas.
2. Place chick peas into mortar and pestle (about half a can at a time). Crush chick peas until smooth.
3. Transfer crushed chick peas to a mixing bowl.
4. Add roasted beetroot—crush into a paste and add into mixing bowl. Mix well until combined.
5. Add olive oil, lemon juice and garlic. Mix thoroughly.
6. Add smoked paprika, cumin and pink Himalayan salt.
7. Chop basil and parsley finely. Add herbs to hummus and mix thoroughly until all ingredients are combined.