



SPICE ADVENTURE★

OUT OF THIS WORLD FLAVOUR

PEA HUMMUS

SERVES



Ten

ALLERGENS



Sesame, Gluten

INGREDIENTS

- 600g Peas
- 60g Tahini
- 3tbsp. Lime Juice
- ½tsp. Cumin, ground
- Coriander, small handful, chopped
- 2 Spring Onions, finely chopped
- Lo-salt, pinch
- Ground Black Pepper, pinch

METHOD

1. Roughly crush half the peas and blend the rest of the peas into a smooth purée using a hand-held blender.
2. Mix the crushed and pureed peas together in a bowl, then stir in the tahini, lime juice, cumin and salt, to taste. Stir in the coriander and spring onions.
3. That's it!