

Serves 5

Preparation & Cook Time: 5minutes
(+ 45minutes to roast beetroot)

Ingredients:

- 200g Chickpeas
- 150g Beetroot
- 25g Tahini
- 1 Garlic Clove
- 3 Tbsp Water
- 2 Tbsp Lemon Juice
- 1 Tsp Olive Oil
- Pinch of Salt and Pepper

Method:

1. Roast the beetroot at 200°C for 45minutes or until soft
2. Drain and rinse the chickpeas.
3. Mix the lemon juice and water.
4. Add all the ingredients into a blender, slowly add the water/lemon mix and blend until a silky-smooth consistency is achieved
5. Pour into a dish and drizzle with olive oil

Serve with vegetable crudité's or pittas

