



Hummus with vegetables to go



Categoria
Vegetariano



Tempo de preparação
Rápido



Dificuldade
Fácil



Custo
Low




Com quem?
By yourself



Nº de pessoas
2 pessoas

Ingredientes

 To taste: Gallo Extra Virgin

- 150g of chickpeas
- 1/2 garlic clove
- 1 tbsp of sesame paste
- 1/2 tbsp of lemon juice
- Pepper, to taste
- Paprika, to taste
- 1/2 tbsp of sesame seeds
- 150g of vegetables cut into sticks (celery, carrots, cucumbers, bell peppers...)
- Salt, to taste
- Pepper, to taste

Method of preparation

1

Place the garlic clove, the chickpeas, the sesame paste, the lemon juice and the black pepper to taste in a kitchen robot. Mix it until you get a puree.

2

Add 3 tablespoons of Gallo Extra Virgin Olive Oil and mix it again.

3

If it happens to be too thick add water little by little and season it with salt and pepper to taste. Take it to the cold until served.

4

If you want to take this treat with you, put some humus in the bottom of a jar, then drizzle it with a little more Gallo Extra Virgin Olive Oil and paprika.

5

Place the vegetables cut into sticks in the humus and finish off with sesame seeds.

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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