

Avocado Hummus

Preparation time: 30 min. · Level of difficulty: very easy ·

Quantity

Ingredients for 2 portions.

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1 piece Avocado
240 g Cooked chickpeas
1 piece Lime
3 tbsp Extra virgin olive oil
1 tbsp Tahini (sesame paste)
100 ml Vegetable broth
1 pinch Flor de sal
1 pinch Ground cumin
1 pinch Foc spicy olive oil

Preparation

Drain the chickpeas.

Grate the zest from the lime and squeeze out the juice.

Remove the flesh from the avocado, chop coarsely and sprinkle with a little lime juice.

Finely chop the parsley and garlic.

Puree the chickpeas in a blender with the vegetable stock, sesame paste, cumin, avocado, parsley and garlic, stir in the olive oil and season with salt, lime juice and the chilli olive oil foc.

Pour the hummus into a bowl and garnish with a drizzle of olive oil, some parsley and a few pumpkin seeds.