

Roasted Chickpea Dip

Servings: 6-8

Prep Time: 10min

Cook Time: 20min



Ingredients

- 2 x 410g cans chickpeas, drained, liquid reserved
- 2 large cloves of garlic, crushed
- 5tbsp sunflower or olive oil
- 1tsp cumin seeds
- 1tsp ground cumin
- 100ml lemon juice
- ¼tsp salt
- black pepper, to taste

Directions

1. Heat the oven to 180°C and line a small baking tray with foil. Pat the chickpeas dry with paper towel. Place 1 of the cans of chickpeas with the garlic, 2tbsp oil and cumin seeds in a large bowl and mix to coat the chickpeas.
2. Place the oil-coated chickpeas with the seasonings on the baking tray and roast for 15 to 20 minutes or until lightly golden brown.
3. Place the roasted chickpeas and the oil and seasonings from the tray, in a large bowl. Add the remaining chickpeas, oil, ground cumin and lemon juice. Add 50ml of the reserved liquid from the tin. Blend to form a chunky mixture and season to taste. Add more water, if you prefer a smoother dip.
4. Serve as part of a lunch with fresh veggies like carrots, celery, cucumber and green beans. It's also delicious spread onto bread, any sandwich or as a dip for wholewheat pita wedges.