

# Hommus

Rowville Primary School  
Kitchen Garden Recipe

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## Ingredients

**400g can Chickpeas, strained,  
reserve liquid.**

**2 cloves garlic,**

**1 teaspoon cumin seeds,**

**Pinch salt, freshly cracked pepper,**

**1 lemon,**

**Olive oil,**

**Sprigs of parsley.**

## Method

**Mash the chickpeas in a medium metal bowl.**

**Peel the garlic and mash in the mortar with a pinch of salt.**

**Add the cumin seeds and grind until smooth.**

**Add the garlic and cumin to the chickpeas, with the salt and freshly cracked pepper.**

**Juice the lemon, add 3 tablespoons of the juice and 3 tablespoons of olive oil to the chickpeas. Stir to combine, taste for seasoning.**

**Place in bowl for serving. Drizzle with extra olive oil. Wash parsley, break into pieces, sprinkle over dip.**

**Serve with pita bread and crudité's.**

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