



Pepper and walnut hummus with veggie dippers

Prep:10 mins

Cook:6 mins

Easy - serves 2

Pack in the vegetables with this quick-to-make dip blitzed with sweet roasted red peppers and served with courgette, celery and carrot batons

Ingredients

- 400g can chickpeas , drained
- 1 garlic clove
- 1 large roasted red pepper from a jar (not in oil), about 100g
- 1 tbsp tahini paste
- juice $\frac{1}{2}$ lemon
- 4 walnut halves , chopped
- 2 courgettes , cut into batons
- 2 carrots , cut into batons
- 2 celery sticks, cut into batons

Method

• STEP 1

Put the chickpeas, garlic, pepper, tahini and lemon juice in a bowl. Blitz with a hand blender or in a food processor to make a thick purée. Stir in the walnuts. Pack into pots, if you like, and serve with the veggie sticks. Will keep in the fridge for two days, although the vegetables are best prepared fresh to preserve their vitamins