

# INTERNATIONAL HUMMUS DAY

## 13<sup>TH</sup> MAY

Celebrate your love for hummus for International Hummus Day

### INGREDIENTS

03335	Fresh beetroot (whole)	700g
63011	Tahini paste	120g
44816	Red chilli harissa paste	30g
07650	Maldon sea salt	5g
13685	Pure olive oil	130ml
	Fresh cauliflower (roasted in a drizzle of oil for 15 minutes at 180°C)	200g
54824	Napolina chickpeas	400g
75767	Mission Foods harissa tortilla wraps 30cm (12")	5

### METHOD

1. Boil the beetroot until tender and leave to cool in the liquid.
2. In a bowl, add the tahini paste, harissa paste, sea salt and 80ml of olive oil and set to one side.
3. Purée 180g of the roasted cauliflower with the drained chickpeas and cooked beetroot, then mix with the paste mixture in the bowl and chill for 20 minutes.
4. Break the remaining cauliflower into small pieces for garnish.
5. To serve, cut the harissa tortilla wrap into triangles and bake in a hot oven at 180°C for 3-4 minutes until crispy.
6. Serve your beetroot hummus in a chosen dish and sprinkle the hummus with cauliflower. Add a drizzle of the remaining olive oil and serve with the baked tortilla triangles.

BEETROOT HUMMUS WITH BAKED HARISSA TORTILLA TRIANGLES



**ON THE MENU TODAY!**

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