Hummus with vegetables to go

Categoria	Tempo de preparação	Dificuldade	Custo	Com quem?	Nº de pessoas
Vegetariano	Rápido	Fácil	Low	By yourself	2 pessoas

Ingredientes

- To taste: Gallo Extra Virgin
- 150g of chickpeas
- 1/2 garlic clove
- 1 tbsp of sesame paste
- 1/2 tbsp of lemon juice
- Pepper, to taste
- Paprika, to taste
- 1/2 tbsp of sesame seeds
- 150g of vegetables cut into sticks (celery, carrots, cucumbers, bell peppers...)
- Salt, to taste
- Pepper, to taste

Method of preparation

1. Place the garlic clove, the chickpeas, the sesame paste, the lemon juice and the black pepper to taste in a kitchen robot. Mix it until you get a puree.
2. Add 3 tablespoons of Gallo Extra Virgin Olive Oil and mix it again.
3. If it happens to be too thick add water little by little and season it with salt and pepper to taste. Take it to the cold until served.
4. If you want to take this treat with you, put some humus in the bottom of a jar, then drizzle it with a little more Gallo Extra Virgin Olive Oil and paprika.
5. Place the vegetables cut into sticks in the humus and finish off with sesame seeds.

Produtos utilizados

Extra Virgin

Extra Virgin Olive Oil

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