

# Chick peas and sesame hummus

Recipe for 4 persons

## Description

A nice side dish based on chick peas, roasted garlic and sesame paste.

## Ingredients

### For the hummus

- 1 Unit(s) Chick peas can (540ml)
- 0.50 Unit(s) Head of garlic
- 30 Ml Sesame paste
- 45 Ml Olive oil
- 8 Sprig(s) Fresh cilantro
- 5 Ml Sesame seeds
- 1 Unit(s) Lemon
  
- Olive oil
- Salt and pepper

## Preparation

- Preparation time **45 mins**

### For the preparations

Put the whole garlic in a aluminium foil, a drizzle of oliv oil on the top, season it and close the aluminium.Put it in the oven for 30 minutes.Pick and chop the cilantro.Roast the sesame in the oven.

### For the hummus

Strain the chick peas and put it in the cutter, add the sesame paste, the peeled garlic, the oliv oil and season it, add the lemon juice.Mix it until it gets smooth.Put the mix in a service bowl, a drizzle of oliv oil on the top with the cilantro.Finish the decoration with the sesame.

**Bon appétit!**