

Chickpea hummus, turmeric zucchini, Granny Smith julienne, olive oil |

Recipe for 12 tapas

Description

Une assiette simple qui ravira tous vos convives.

Note

Substitute olive oil for the butter to keep the dish vegan.

Ingredients

Traditional hummus

- 1 Unit(s) Chickpea box 398 ml
- 65 Ml Olive oil
- 15 Ml Lemon juice
- 2 Clove(s) Chopped garlic
- 2 Tsp Tahini
- 1 Tsp Roasted sesame oil
- 50 Ml Hot water

- Butter
- Salt and pepper
- Olive oil

Sauté of zucchini

- 200 Gr Zucchini
- 1 Tsp Curcuma
- 100 Gr French shallot

- Butter
- Salt and pepper
- Olive oil

Finition

- 1 Unit(s) Granny smith apple
- 1 Dash Olive oil
- 0.50 Unit(s) Lemon zests

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**

Mise en place

Open the can of chickpeas, put them to drain.

Wash and dice the zucchini

Remove the zest and juice from the lemon.

Finely chop the French shallot.

Traditional hummus

In a food processor or blender, pour the drained chickpeas. Add the rest of the ingredients once they have been lightly processed.

Run the blender quickly, making sure your hummus is smooth. You can adjust the texture by adding water (or olive oil) if you want it more liquid.

Finalize the seasoning with salt, pepper, or espelette pepper.

Zucchini

In a hot frying pan with olive oil and butter, brown the shallot, then the diced zucchini, add the turmeric and adjust the seasoning.

Assembly and finishing

In a small soup plate, make a crown of hummus on the inside edge, place the zucchini in the center. Add the green apple sticks (sliced last minute) and lemon zest.

Finish with a drizzle of olive oil and a pinch of turmeric, all around the hummus crown.

Bon appétit!