

Spiced Jerusalem Artichoke Hummus

Ingredients:

- 250g chickpeas
- 200g Jerusalem artichokes
- 50ml extra-virgin olive oil
- 15g smooth tahini
- 10ml honey
- 5ml cumin
- 5ml smoked paprika
- 5ml grated nutmeg
- 2 garlic cloves
- 1 lemon (zest & juice)
- Pinch Salt & pepper



Method:

1. Preheat the oven to 180°C. Cook chickpeas until soft, drain, and cool, reserving some liquid.
2. Clean and chop artichokes, then roast with oil, cumin, salt, and pepper for 20-25 minutes.
3. In a blender, combine chickpeas and artichokes, then add oil, tahini, honey, paprika, nutmeg, garlic, lemon juice, and zest. Blend until smooth, using reserved cooking liquid as needed.
4. Adjust seasoning and serve as a dip, sandwich spread, or salad base for Mediterranean flavor.

Yield: ± 8 servings

Prep Time: ± 15 minutes