



Posted on 17 September 2012
by ewfood

Tahina

Ingredients

1 tin of chickpeas
1 clove garlic, minced
2.5 fl oz. olive oil
Juice of ½ a lemon
1 oz. tahini paste
1tsp. cumin
pinch of salt
0.5 fl oz. olive oil to garnish
paprika to garnish

Preparation

- 1 Blend all ingredients except garnishing ones together until a smooth paste is formed
- 2 Sprinkle the olive oil over the paste and add the paprika
- 3 serve with flat bread or crunchy vegetables

Cooks Note
