

Peanut Tahini Hummus

28 Sep 2020 10 Min



Details

Fresh and Flavorsome peanut tahini hummus is an easy healthful accompaniment to serve with veggie sticks or lavash.

Ingredients



2 Tbsp(21.0 gm) Peanuts



1 Tbsp(14.0 gm) Sesame Seed Paste



150 ml(150.0 ml) Water



3 Tsp(7.0 ml) Olive Oil



1/2 Tsp(2.0 gm) Salt



2 Tsp(8.0 ml) Lemon Juice



1/8 Powder Tsp(0.27 gm) Red Chilly



2 Chopped Tsp(5.0 gm) Garlic



1 Tbsp(13.0 gm) Chana

Method (Step-By-Step)

- Soak 1 tbsp raw chana overnight and pressure cook it with 1/4th tsp salt, keep aside.
- In a grinding jar take cooked chana, 1 tbsp tahini paste, 2 tsp chopped garlic, 2 tbsp peanuts, 2 tsp lemon juice, 2 tsp olive oil, 1/4th tsp salt and 50 ml water.
- Blend till a smooth consistency is obtained. Spread it evenly on a platter.
- Garnish with 1 tsp olive oil and 1/8th tsp red chilli powder.

- Serve cold or room temperature.