



## CANNELLINI BEAN HOUMOUS 3 WAYS



Prep 10 min    Cook 15 - 20 min    Serves 12 people

### INGREDIENTS

- 400g Tin of Cannellini Beans - drained and rinsed
- 1 Garlic Clove – sliced
- 2 Tbsp Tahini
- 3 Tbsp Olive Oil
- 3 Tbsp Lemon Juice
- 1 Tsp Thyme Leaves (no stalks)
- Sea Salt and Ground Black Pepper

### Additional Toppings

- ½ Tsp Smoked Paprika
- 1 tbsp Essential Olive Oil (O031P)
- 100g Pinenuts (N380Z)
- 1 Red Pepper
- 1 Tsp Harissa Sauce
- 50g pitted Kalamata Olives (O232P)
- Juice of ½ a Lemon
- 1 Whole Garlic Bulb
- 1 Tsp Thyme Leaves (no stalks)
- 1 Tsp Rosemary Leaves (no stalks)

Pre heat your oven to 200 degrees

### METHOD

Begin by adding all the houmous ingredients to a food processor and blitz until smooth. Taste and adjust salt and pepper seasoning depending on your preference. You could also add more garlic to taste. Transfer the mix to a serving dish.

#### Additional Toppings

##### Roasted Harissa Peppers ~

Slice the pepper into strips and lay on a baking tray. Drizzle some olive oil over the peppers and brush coat with harissa paste. Place in the oven and roast for 15 minutes until the skins are charred and the peppers are soft. Spoon the roast peppers over the houmous and top with a drizzle of olive oil.

##### Tapenade ~

Cut off the top stalk of the whole garlic bulb exposing the cloves. Season the bulb with rosemary and thyme leaves,

a drizzle of olive oil, salt and pepper.

Wrap up the bulb tightly in the foil and roast for 30 minutes. Then finish for 10 minutes unwrapped until the roasted garlic is soft and caramelised. Squeeze the soft golden roasted garlic cloves out of their skins into a blender. Add the juice of half a lemon, the pitted Kalamata Olives, salt and pepper. Blitz until smooth, then spoon over the houmous. Toast the pine nuts in a pan on a low heat for 2 minutes until golden. Spoon the tapenade onto the houmous and sprinkle pine nuts on top.

##### Smoked Paprika ~

For the paprika oil topping, heat the olive oil in a pan on a medium-high heat and add the smoked paprika. Let this infuse over the heat for a few minutes and then allow to cool. Drizzle over the houmous and serve with warm flatbreads, crackers (see website for recipe) or fresh crunchy salad vegetables!