



Oriental black cumin hummus

Creamy, spicy and prepared in just a few minutes: This oriental black cumin hummus impresses with its fine citric acid, warm spicy notes and the characteristic depth of black cumin oil. Served with crispy protein wedges, the result is a balanced dip that combines tradition and modern indulgence – ideal as a quick snack, starter or part of a mezze table.

Zutaten

5 Portionen

500 g Chickpeas, canned
60 g Extra virgin olive oil, from GR
200 ml Water
50 ml Lemon juice
1 Garlic clove, fresh
20 ml Black cumin oil
1 TL Cumin, ground
1 TL Curry, oriental
1 Pinch Black pepper, ground
1 TL Organic sea salt
1 TL Black cumin
1 Pck. Protein crispy corners

Zubereitung

Place the chickpeas in a powerful blender together with the olive oil, black cumin oil, water, lemon juice and fresh garlic clove. Then add the spices – except the black cumin – such as ground cumin,

oriental curry, black pepper and sea salt. Blend all the ingredients until a smooth, creamy hummus consistency is achieved. If necessary, the hummus can be seasoned again to adjust the acidity, spiciness or salt.

The finished black cumin hummus is served in a bowl and decorated with whole black cumin seeds. The hummus is served together with the protein crispies.

Our tip:

The hummus can optionally be garnished with marinated chickpeas, herbs or rose petals.