

Oven vegetables with bean hummus

Colorful oven vegetables with creamy bean hummus, a spicy curry dressing and baked chickpeas as a topping.

Zutaten
4 Portionen

Ingredients oven vegetables
1 Hokkaido pumpkin
250 g Potatoes
2 Corn on the cob
2 Paprika
200 g Princess beans
5 Carrots
4 small onions
3 Garlic cloves
Rosemary and thyme to taste
Byodo classic frying oil
Dressing ingredients
1 Orange, the juice
1 EL Maple syrup
1 EL Byodo apple cider vinegar
1 Thyme sprig
Byodo sea salt
Pepper
Curry powder
Ingredients Bean hummus
1 Glass white beans
Garlic clove from the oven

1 Lemon, juice and zest
2 EL Byodo extra virgin olive oil, from Greece
Byodo sea salt
Pepper
1 EL Tahini
Topping ingredients
Chickpeas, baked

Zubereitung

Preparation of oven vegetables

First preheat the oven to 200 °C top and bottom heat and line a baking tray with baking paper.

Wash the vegetables. Cut the potatoes into chunks and the pumpkin into slices. Cut each corn cob into six pieces. Peel and quarter the onions. Cut off the ends of the beans and peel and quarter the carrots lengthwise.

First place the potatoes and unpeeled garlic cloves on the tray and mix with a tablespoon of frying oil and rosemary. Bake for 25 minutes, turning once in between.

After 25 minutes, spread the remaining vegetables on a second baking tray and place in the oven. Drizzle with a tablespoon of classic frying oil and mix well. Bake for a further 20 minutes until the potatoes are crispy and the rest of the vegetables are cooked.

Preparation of dressing

In the meantime, prepare the dressing. Wash, pluck and finely chop the rosemary and thyme. Mix together with the maple syrup, apple cider vinegar and orange juice in a small bowl. Season to taste with curry powder, salt and pepper.

Preparation of bean hummus

For the bean cream, drain the beans from the jar in a sieve and wash. Squeeze the garlic cloves out of their skins from the oven. Puree in a blender with the remaining ingredients for the hummus until a creamy consistency is achieved.

Pour the dressing over the tray of vegetables just before serving and serve with the bean hummus. Finally, sprinkle baked chickpeas on top as a crunchy topping and enjoy.