

Paprikahummus

This Mediterranean hummus with crispy rice cakes is a delicious snack for in between meals.

Zutaten
4 Portionen

4 Paprika
1 EL Byodo classic frying oil
400 g Chickpeas, drained
150 g Tomatoes, dried & pickled
80 ml Water
3 EL Tahini
3 EL Byodo extra virgin olive oil, from Greece
2 TL Byodo sea salt
1 Garlic clove
1 EL Byodo tomato and paprika pulp
1 Lime (juice)

6 Byodo rice cakes with sea salt
Crispy baked peas

Zubereitung

Cut the peppers into slices, mix with the frying oil and grill in the oven at 200 °C for 40 minutes. Leave to cool to room temperature and peel off the bell pepper skin.

Drain the chickpeas, squeeze half a lime, peel the garlic clove and cut into small pieces. Puree the grilled peppers with all the other ingredients and spices using a hand blender or mixer until creamy. If the consistency is still too firm, a little oil or cold water can be added if desired.

Spread the rice cakes with the paprika hummus, sprinkle with the crispy peas and enjoy immediately!