



Chickpea hummus with tomato



Time: 15 min.

Difficulty: Easy

Ingredients (2 people)

- **Ingredients**

- Puree de tomates 700g 80 gr
- Chickpeas 230 gr
- Extra virgin olive oil to taste
- Fresh parsley to taste
- Garlic ½ spicchio
- Half a lime
- Pita bread 2
- Salt and pepper to taste
- Sesame to taste
- Sesame paste 1 spoonful
- Sweet paprika to taste

For this recipe we used:



Preparation

1. Blend the chickpeas, salt, pepper, extra virgin olive oil, sesame paste, juice of half a lime, half a garlic clove and **Pomi Puree de tomates** into a creamy and velvety paste.
2. Add to a sac à poche and leave to rest in the fridge for 5 minutes.
3. In the meantime, heat the pita bread in a pan on a high flame with some extra virgin olive oil, until achieving the right level of crunchiness.
4. Arrange on a dish, garnish with a sprinkling of paprika and sesame, whole chickpeas, fresh parsley, uncooked tomatoes, oil and pepper.