

Pumpkin Hummous Dip

Serves: 6-8

From the Garden: pumpkin, parsley

Ingredients:

350g pumpkin
400g can of chickpeas
1 clove of garlic
juice of 1 lemon
2 tbsp e.v. olive oil
2 tsp cumin
1 tsp smoked paprika
1 tbsp tahina paste
Flat leaf parsley

Equipment:

Basic toolbox, Chopping board, Baking sheet, Food Processor

Method:

1. Preheat oven to 200 C.
2. Wash and dry pumpkin. Cut into large chunks. Place in a large metal bowl and drizzle with a little olive oil. Toss to coat.
3. Line baking sheet with baking paper. Place pumpkin on tray and place in oven. Roast pumpkin until tender and it has nice brown bits on it. We call that caramelisation.
*** Remove tray from oven***
4. Measure out all other ingredients. Place them all into a food processor and blend until smooth. You may need to add extra olive oil if the dip is too thick.
5. Now add the pumpkin. Blend until mixed in with the dip.
6. Scrape out dip and place into serving bowls.
7. Wash and dry parsley thoroughly.
8. Finely shred, (chiffonnade), parsley and scatter some onto the bowls of dips
9. Serve dip with wedges of warmed pita bread, toasted Turkish bread or vegetable batons.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: created by Jacky Cronin, Wodonga West Primary School