



# Roasted Capsicum Hummus

## List of ingredients

400g tin chickpeas, drained  
1 capsicum  
2 tablespoons lemon juice  
1 clove garlic, crushed  
½ teaspoon ground cumin  
½ teaspoon cayenne pepper  
¼ teaspoon salt  
small handful chopped fresh parsley

*Feeds 4 people.*

## How to cook the dish

1. Grill capsicum until skins are blackened. This can be done under the oven grill or over a gas flame or on a BBQ. Once blackened cool and remove the blackened skins, halve and remove seeds.
2. In an electric blender, food processor or using an electric wand purée the chickpeas, capsicums, lemon juice, garlic, cumin, cayenne and salt. Process, using long pulses, until the mixture is fairly smooth and slightly fluffy.
3. Transfer to a serving bowl and refrigerate for at least 1 hour. The hummus can be made up to 3 days ahead and refrigerated.
4. Return to room temperature before serving. Sprinkle the hummus with the chopped parsley before serving. Drizzle with olive oil if desired.