

# Pea Hummus

Recipe recommended by Dominique Ludwig  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	511 kj	6%
Energy (kcal)	123 kcal	6%
Fat	7.2g	10%
<i>of which saturates</i>	1.1g	6%
Carbohydrate	6.4g	2%
<i>of which sugars</i>	4.2g	5%
Fibre	5.4g	22%
Protein	5.2g	10%
Salt	0.66g	11%

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### INGREDIENTS:

- 300g frozen petit pois peas
- 1 tablespoons tahini paste (**SESAME**)
- ½ teaspoon Himalayan salt
- 25ml fresh lemon juice
- a few chopped chives
- 2 cloves of garlic
- 1 tablespoon extra virgin olive oil
- pinch of chilli flakes

### OPTIONAL EXTRAS:

Add a sprinkle of nigella seeds for garnish

### METHOD:

1. Defrost peas by popping them in a bowl and covering with boiling water. Wait for 5 minutes and they will be both chilled and defrosted. Drain in a sieve.
2. Put all the ingredients into a food processor and process for around 60 seconds until smooth.

### ALLERGENS



SESAME

### MODIFY

Serve as a dip or accompaniment to fish, cheese, beans tofu, chicken or as a vegetable side dish.

### CREDIT

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