

CARAMELISED ONION HUMMUS



This week's recipe of the week has been shared by Jess Wicks from the [Happy Herbivore](#), Delicious Caramelised Onion Hummus. The perfect dip to add to grazing platters and picnic spreads.

INGREDIENTS

- 1 *brown onion* sliced
- 3 cloves *garlic* diced
- 1 Tbsp *brown sugar*
- 1/4 cup *water*
- 400 g *chickpeas* cooked
- 2 Tbsp *tahini*
- 2 Tbsp *lemon juice*
- 1 Tbsp *cumin seeds* ground
- 1 Tbsp *coriander seeds* ground
- 1 Tbsp *onion powder*
- 3 Tbsp *olive oil extra virgin*
- 1/2 cup *water*
- 1 pinch *salt* and *pepper* to taste

METHOD

In a frypan add 1 tbsp olive oil, sliced onion, garlic cloves, brown sugar and 1/4 cup water. Fry until caramelised.

Add 1/2 of the caramelised onion to a blender with chickpeas, tahini, lemon juice, cumin, coriander seeds, onion powder, 2 Tbsp olive oil, 1/2 cup water and salt and pepper. Blitz until smooth.

Pour into a bowl and top with the other half of the caramelised onion, chopped almonds and chives (optional).

Dairy-free | Gluten-free