



Avocado on Beet Hummus with Feta

🕒 20–30 Min   

Preparation

- 1 Finely puree the beets with the peeled garlic clove and chickpeas.
- 2 Add the tahini, lemon juice, sea salt and chili and combine thoroughly. If the hummus is too thick, add a little water. Put the hummus to one side.
- 3 Toast the black bread, spread the hummus on the bread and arrange the sliced avocado and feta on top. Finally sprinkle with the whole nigella and enjoy.

Ingredients 2 Portions

🍴 = Kotányi Produkte

2	Medium-sized beets, cooked
400 g	Chickpeas (from a can)
2 tbsp.	Tahini
1	Garlic clove
4 tbsp.	Lemon juice
2	Slices of black bread
1	Avocado, sliced
100 g	Feta, crumbled
1 pinch	🍴 Chili Bird's Eye
1 tsp.	🍴 Nigella, Whole
1 pinch	🍴 Sea Salt, Coarse

