

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