

Garlic Hummus with Flatbread

60–90 Min

Ingredients 2 Portions

= Kotányi Produkte

Flatbread:

600 g	Wholemeal spelt flour, smooth
7 g	Yeast, dried
2 tsp.	Salt
1 tsp.	Raw cane sugar
1 tbsp.	Oil
300 ml	Water, warm

Hummus

120 g	Chickpeas, precooked
1 tbsp.	Tahini
1 tbsp.	Olive oil
2 tbsp.	Lemon juice
1 tsp.	Cumin, Ground
1 tsp.	Garlic Granules
1 pinch	Paprika Special Sweet
1 pinch	Cayenne Pepper, Ground
	A little water

Preparation

1. To make the flatbread: Sift the flour into a mixing bowl. Add the dried yeast, salt, cane sugar and oil and mix. Add water and work into a smooth dough.
2. Cover and leave to prove in a warm place for 30 minutes. Once proved, shape the dough into balls. Place the balls onto a baking tray lined with baking parchment and allow to prove for another 30 minutes.
3. Preheat the oven to 200°C (392°F).
4. Roll the balls out into 2- to 3-cm-thick round flatbreads and bake for 10 minutes at 200°C (356°F) using the convection setting. Remove the cooked flatbreads from the oven and cover with a dish towel.
5. To make the hummus: Use a hand blender to finely blend the precooked chickpeas with the tahini, lemon juice, olive oil, ground cumin, paprika and cayenne pepper. Add water until the right consistency is reached.
6. Serve the hummus cold and enjoy with the fresh flatbread.