



# Garlic Hummus with Flatbread

⌚ 60–90 Min   

## 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.

## 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           |

