



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

