



## Hummus Pizza



**Serve Information: 1 Plate With 4 Pita Pizzas**

### INGREDIENTS:

4 Pita breads, lightly toasted in oven  
600g Can of chickpeas, drained, rinsed  
1 Garlic clove  
100ml Olive oil  
2 Tbsp tahini paste  
Salt  
1/2 Lemon  
60ml Water  
150g Roasted red capsicums from a jar  
100g Cherry tomatoes  
20 Kalamata olives  
1/4 Bunch basil  
50g Feta cheese  
1 Tbsp pine nuts, toasted  
2 Tbsp olive oil  
1 Tbsp balsamic vinegar

### EQUIPMENT:

Lemon squeezer  
Garlic crusher  
Food processor  
Several spoons  
Chopping board  
Sharp knife  
Serving plate  
Bowl



## METHOD:

1. To make the Hummus, juice the lemon and crush the garlic
2. Place the chickpeas, crushed garlic, olive oil, tahini paste, salt and lemon juice in the food processor and process until combined
3. Add the water and process until smooth
4. Add the roasted red capsicums and process until smooth
5. Spread the capsicum hummus on the pita bread
6. Chop the cherry tomatoes in half
7. Sprinkle the chopped cherry tomatoes, olives and basil leaves over the pita bread
8. Crumble the feta cheese and sprinkle the pine nuts on top
9. Place the pizzas on a serving plate
10. Mix the balsamic vinegar and olive oil together and drizzle over the top of the pizzas

## ADDITIONAL NOTES:

Lightly toasted pita bread in oven  
Lightly toast pine nuts



[crunch-time.tv](http://crunch-time.tv)