KIKKOMAN

Pumpkin hummus

Total time **15 mins** **15 mins** preparation time

Nutritional facts (per portion):
728 kJ / 306 kcal

INGREDIENTS

4 portion(s)

250 g	cooked chickpeas
50 g	tahini
70 g	pumpkin purée
1	clove of garlic
10 g	olive oil
	the juice of half a large lemon
100 ml	cold water
1.5 tbsp	Kikkoman Naturally Brewed Soy Sauce

To Serve:

4	carrots, cut into sticks
100 g	croutons
1 tbsp	sunflower seeds
1 tbsp	parsley

PREPARATION

Step 1

Put the rinsed chickpeas into a food processor. Add pumpkin purée, tahini, garlic, soy sauce and all liquid ingredients and mix together until smooth.

Step 2

Put it on a plate, sprinkle with olive oil, sprinkle it also with a little sunflower seeds and parsley. Serve with carrots and croutons.