

FRESH HUMMUS VEGGIE PLATE

by shivangi pithisaria



This lunch plate is balanced, filling and honestly just so, so good. Made with homemade tahini and hummus, it has protein, fibre, healthy fats and carbs – everything your body needs to feel nourished with no compromise on flavour!

Serving: 1

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

Tahini

- 2 cups sesame seeds
- Salt to taste (a pinch)
- 1/4 cup extra virgin olive oil

Hummus

- 1/2 cup cooked chickpeas
- 1 tbsp tahini
- 1 tbsp garlic confit (or olive oil)
- 3 cloves garlic (increase to 5 if not using garlic confit)
- 1 tsp toasted cumin powder
- salt to taste
- juice of 1/2 lemon
- 1/2 cup ice

Salad

- 100g tofu
- 1 tomato, chopped
- 1 cucumber, chopped
- 1/4 capsicum, chopped
- 1 red onion, chopped
- 2 olives, sliced
- 2 tbsp coriander, chopped
- juice of 1/2 lemon
- splash of balsamic vinegar
- salt, pepper and chilli powder, to taste

Side

- multiseed bread

Directions:

- **Make the tahini:** Toast sesame seeds until golden brown (slightly deeper than usual). Pulse in a blender while warm to release natural oils. Blend with salt and olive oil till smooth. Transfer to an airtight jar and use the same blender for the hummus.
- **Make the hummus:** Blend boiled chickpeas, tahini, garlic confit, garlic, cumin, lemon juice, salt and ice cubes till smooth and creamy. Spread out in a pasta plate or a bowl.
- **Toast the tofu and bread:** Cut tofu into cubes. Toast the tofu and a slice of bread till crispy (**airfry:** 180°C for 10 min, **bake:** 180°C for 20 minutes or **panfry**)
- **Prepare the salad:** Chop veggies and mix them with the toasted tofu, lemon juice, balsamic vinegar, salt, pepper and chilli powder.
- **Assemble:** Layer the salad over the hummus, drizzle with more balsamic vinegar and serve with the toasted bread.

Notes:

- Toast the sesame seeds slightly longer than usual to ensure the tahini flavour shines in the hummus.
- Use the same blender jar to make the tahini and then the hummus – fewer dishes to wash makes cooking more enjoyable in my opinion.
- Adding ice cubes while blending the hummus creates an extra creamy texture without peeling chickpeas.
- Tahini Storage: My homemade tahini can be stored in an airtight jar for up to 3 months in the fridge.
- Hummus Storage: This is a single serve recipe but in case you have leftover or want to prepare in advance, this hummus can be stored in an airtight container in the fridge for 3–4 days.