

# Ginger and Coriander Pumpkin Hummus



## INGREDIENTS:

|        |   |
|--------|---|
| 1      | Small pumpkin, peeled and cubed<br>(can use 1 can of pumpkin purée) |
| 1      | Can of chickpeas  |
| 2      | Cloves of garlic, peeled and minced                                 |
| ¼ tsp  | Ground cumin  |
| ½ tsp  | Ground coriander  |
| 1 tsp  | Fresh ginger, grated and minced                                     |
| 2 tbsp | Creamed honey   |
| 2 tbsp | Fresh lemon juice   |
| ½ cup  | Olive oil   |
| 2 tbsp | Tahini paste  |
| ...    | Salt and pepper to taste  |
| ...    | Fresh coriander, to garnish   |
| ...    | Black and white sesame seeds,<br>to garnish                         |
| ...    | Drizzle of olive oil, to garnish                                    |
| ...    | Pita  |

## DIRECTIONS:

Heat up the oven to 400° and line a baking tray with parchment. Cut your pumpkin into evenly sized pieces and coat in a little olive oil. Bake for about 30 minutes – until soft and lightly caramelized. Let cool. You can substitute canned pumpkin.

In a food processor, process garlic, spices, lemon juice, tahini paste, honey and chickpeas until smooth. Add pumpkin purée and olive oil. Process until smooth. You may have to add extra olive oil. Season with salt and pepper.

Garnish with fresh cilantro, sesame seeds and olive oil. Serve with warm pita.

*Express yourself with Expression Pinot Grigio!*