

BLACK BEAN HUMMUS

GOES GREAT WITH...

Salsa Mexicana (p164) and tomato salsa cruda (p186) from *How to be a Taco Legend* as a starter for a Mexican feast!

ALSO WORKS A TREAT WITH...

- Pinto beans or borlotti beans

RAISE YOUR GAME BY...

Using roasted, caramelised garlic for a sweeter, richer flavour

EXTRAS
#17



WWW.THESPICERY.COM/TACOLEGEND

BLACK BEAN HUMMUS

To celebrate the launch of our new cookbook, How to be a Mezze Legend, we're taking our Taco Legend blends for a trip to the Middle East with a Mexican-influenced hummus. This version uses black beans in place of chickpeas, lime in place of lemon and our **CHIPOTLE BLEND** to add a fantastic smoky, spicy kick to this classic dip!

| | |
|--|---------------------------------|
| Prep 10 mins | Cook 10 mins |
| Heat  | Serves 4 as a starter |

400g **tin of black beans** - drained
1 **clove of garlic** - roughly
chopped
1 **lime**
2 tbsp **tahini** or use **nut butter**
(with no added salt or sugar)
Good quality **olive oil** to serve
(optional)
Tortilla chips to serve

1 tsp



CHIPOTLE BLEND

1 tsp



ORÉGANO BLEND

1

Blend the beans with the garlic, juice of the lime, the tahini, $\frac{3}{4}$ tsp **CHIPOTLE BLEND**, 1 tsp **ORÉGANO BLEND**, 3 tbsp oil, $\frac{1}{4}$ tsp salt, and just enough water for the ingredients to blend to a smooth, thick paste (add no more than 2 tbsp water at a time - you shouldn't need to add more than 5-6 tbsp in total or the dip will be too thin)

2

Drizzle with olive oil (if using) then sprinkle over $\frac{1}{4}$ tsp **CHIPOTLE BLEND** and serve with the tortilla chips on the side