

Limonlu Ispanaklı Humus

Fresh spinach hummus with bright lemon flavor. Creamy Middle Eastern dip made with chickpeas, tahini, and fresh spinach. Perfect healthy appetizer!

5 min

HAZIRLIK

5 min

TOPLAM

6

PORSİYON

Easy

ZORLUK

Limonlu Ispanaklı Humus

Malzemeler

- 150 g boiled chickpea
- 100 g spinach
- 2 clove garlic
- 1 lemon
- 1 tbsp tahini
- 50 ml olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1.5 tbsp chia
- 50 g alfalfa sprouts

Yapılışı

- Prepare the ingredients**

Drain and rinse 150g chickpeas thoroughly under cold water. Pat dry with a clean kitchen towel and remove any loose skins by gently rubbing.
- Wash spinach**

Wash 100g spinach leaves and pat completely dry with paper towels. Peel and roughly chop 2 garlic cloves.
- Make the base**

Add the chickpeas to a food processor and pulse 10-15 times until roughly chopped into small pieces.
- Process chickpeas**

Process continuously for 2-3 minutes until chickpeas form a coarse paste, scraping down the sides of the bowl every 30 seconds.
- Add aromatics**

Add the spinach, chopped garlic, 1 tablespoon tahini, and juice from 1 lemon to the food processor. Process for 1 minute until well combined.
- Drizzle oil**

With the processor running, slowly drizzle in 50ml olive oil over 30 seconds until fully incorporated and the mixture is smooth.
- Season and finish**

Add 1 teaspoon salt and 1 teaspoon pepper, then process for 1-2 minutes until completely smooth and creamy.

8 Taste and adjust seasoning with additional salt or lemon juice as needed. If too thick, add cold water 1 tablespoon at a time while processing until desired consistency is reached.

9 **Serve**

Transfer to a serving bowl and sprinkle 50g chia seeds on top as garnish. Drizzle with remaining 1.5 tablespoons olive oil if desired and serve immediately.

?puçlar?

Use fresh baby spinach leaves for the mildest flavor and smoothest texture. Mature spinach can be more bitter and fibrous.

Remove chickpea skins by rubbing them gently with a kitchen towel after rinsing - this creates an ultra-smooth, restaurant-quality texture.

Process chickpeas alone first until they form a paste before adding other ingredients - this ensures the smoothest possible consistency.

Add ice water instead of room temperature water when thinning the hummus - cold water helps maintain the emulsion and keeps the texture creamy.

Taste and adjust seasoning at the end, adding more lemon juice for brightness, salt for depth, or garlic for intensity.

Let the hummus rest for 30 minutes before serving to allow flavors to meld and develop fully.

Drizzle olive oil on top before storing in the refrigerator to prevent the surface from forming a skin.

Bring refrigerated hummus to room temperature and stir well before serving to restore the optimal creamy texture.