

Hummus with red lentils, sesame, and Picandou Honey Spread

Informations

People : **6-8**

Preparation : **15 min.**

Cooking time : **10 min.**



Ingredients

- 1 cup of Picandou Honey Spread
- 150g of red lentils
- 1 garlic clove
- ½ teaspoon of cumin powder
- ¼ teaspoon of turmeric powder
- Juice of a small lemon
- 1 tablespoon of olive oil + some olive oil for drizzling
- 3 sprigs of fresh mint
- 2 teaspoons of sesame seeds
- Salt and freshly ground pepper
- Crackers and vegetable sticks for serving

Preparation steps



1. Place red lentils in plenty of boiling water and cook for 10 minutes with the peeled garlic clove.
2. Drain the lentils and reserve some cooking water. Blend or puree them with the garlic, lemon juice, spices, half of the Picandou, and a tablespoon of olive oil. Season with salt and pepper and add some cooking water if needed. Transfer to a bowl.
3. Wash the mint, finely chop it, and fold it into the lentil mixture.
4. Before serving, sprinkle hummus with sesame seeds and drizzle with some olive oil. Serve with crackers or vegetable sticks.