

Mushroom and Chickpea Dip

Makes 3 cups

1/4 cup olive oil
1 small brown onion, finely chopped
1 tbs ground cumin
400g cup mushrooms, chopped
300g can chickpeas, rinsed, drained
1/2 cup greek-style yoghurt
1 tbs tahini (sesame paste)
1/2 small lemon, juiced
1/2 cup chopped chives
Extra chopped chives & olive oil to serve



1. Heat 2 tbs oil in a non-stick frying pan over medium-high. Add the onion and cumin and cook, stirring often, for 5 minutes until soft. Increase heat to high, add the mushrooms and cook, stirring occasionally 5 minutes or until mushrooms are tender. Set aside to cool to 10 minutes.
2. Meanwhile, place the chickpeas, 2 tbs yoghurt, tahini, 1 tbs lemon juice and remaining 1 tbs oil in a food processor. Process until smooth. Transfer to a bowl.
3. Drain excess moisture from the mushrooms and add to the chickpea mixture with the chives and remaining yoghurt. Season with salt and pepper and stir gently to combine.
4. Place a piece of wrap onto the surface, cover and refrigerate overnight if time permits. Sprinkle with extra chives & drizzle with olive oil to serve.

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Mushrooms
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