



# Cauliflower Hemp Hommous

## INGREDIENTS

Stage	Ingredients	Weight per serving	%	Mix weight (grams)
1	Hemp tahini (*)	44.09	2.94	54.00
1	Chickpeas (drained)	571.58	38.11	700.00
1	Garlic (fresh peeled)	13.06	0.87	16.00
1	Lemon juice (fresh)	143.71	9.58	176.00
1	Olive oil (EVO)	142.90	9.53	175.00
1	Cauliflower (roasted)	571.58	38.11	700.00
2	Salt (sea)	13.06	0.87	16.00
	TOTAL	1500.00	100.00	1837.00

### Hemp Tahini (\*)

Stage	Ingredients	Weight per serving	%	Mix weight (grams)
1	Hulled hemp seed (hearts) (roasted)	195.04	78.01	550.00
1	Olive oil (EVO)	54.96	21.99	155.00
	TOTAL	250.00	100.00	705.00

### Roasted Cauliflower (\*\*)

Stage	Ingredients	Weight per serving	%	Mix weight (grams)
1	Cauliflower (flowerettes)	526.10	88.42	817.00
1	Olive oil (EVO)	68.90	11.58	107.00
	TOTAL	595.00	100.00	924.00

#### Suitable For

- Vegan diet
- Vegetarian diet
- Lactose intolerant
- Gluten intolerant
- Halal diet

#### Other Benefits

- From sustainable source
- Lactose free
- Dairy free
- Gluten free
- Nut free
- Soya free

#### Potential Health Claims

- Protein
- PUFA's
- Fibre

#### Cauliflower Hommous Method

1. Blend all stage 1 ingredients together (hemp tahini, chick peas, garlic, lemon juice, extra virgin oil, roasted cauliflower), until a paste like texture is formed.
2. Add stage 2 ingredient (salt), into the mixture and blend until evenly mixed in the mixture.

#### Hemp Tahini Method(\*)

1. Roast hulled hemp seed (hearts) and blend with extra virgin olive oil.

#### Roasted Cauliflower Method(\*\*)

1. Toss cauliflower and roast in a preheated oven at 180° C for 25 minutes.