

Houmous

500g cooked chick peas
Juice of 2 lemons (add grated zest if desired)
3-4 cloves garlic (peeled)
5 tbsp extra virgin olive oil
3 tbsp tahini
Himalayan pink salt and paprika to taste

- Place all the ingredients in a food processor or use a blender stick and blend until smooth. Add water if you want it thinner.

Easy Vegan Pesto

4 large handfuls of fresh basil leaves, packed
2 tbsp ground almonds
extra virgin olive oil
1-2 cloves garlic
Pinch of Himalayan pink salt

- In a food processor blend the basil leaves with the ground almonds
- Add the garlic and salt to taste and blend some more or crush it before adding
- Continue to whizz the mixture while adding olive oil slowly. Use enough oil to form a paste
- Keep in a glass jar and keep it covered with a layer of oil to prevent it from darkening

Variations

If you are a cheese eater then add 2 tbsp of finely grated parmesan cheese
When wild garlic is in season substitute the garlic for a handful of wild leaves
When mint and rocket is in season you can substitute half of the basil

Bean pâté

1 red onion
4 cloves garlic
400g cooked beans of your choice or red lentils
Juice of 2 limes
1/2 tsp chilli powder
1/2 tsp paprika
1 tsp cumin
1 tsp coriander
1 tsp apple concentrate (optional)

- Saute onion and garlic in some olive oil
- Add spices and cook gently for a few minutes until soft
- Add beans, stir with the onion and spices until heated through
- Leave to cool for 5 mins then blend in a food processor with the lime juice until puréed
- Taste and season accordingly, sweeten with apple concentrate if desired