

AVOCADO HUMMUS WITH CHETTINAD ONIONS

Ingredients

Avocado hummus

1 ripe avocado
¾ cup cooked chickpeas, skin removed
4-5 garlic cloves
2 tablespoons tahini
1½ tablespoons lemon juice
¼ cup coriander leaves
Salt to taste
¼ cup extra virgin olive oil + for drizzling
Pita crisps to serve

Chettinad onions

10-12 sambhar onions, peeled
2 tsps ghee
½ tsp mustard seeds
2-3 tbsps Chettinad blended spice mix
Salt to taste

Method

1. For the avocado hummus, peel and deseed the avocado and add it to a blender jar, add chickpeas, garlic cloves, tahini, lemon juice and coriander leaves. Add salt, and olive oil. Blend to a fine paste using a little water (if necessary) to adjust the consistency.
2. For Chettinad onions, heat ghee in a nonstick pan. Add mustard seeds and once they start to splutter, add the Chettinad Masala and sauté for a minute. Add sambhar onions, and salt and mix well. Cook for 2-3 minutes.
3. Transfer the hummus into a serving bowl, and drizzle a little olive oil. Garnish with Chettinad onions. Serve with pita crisps.