

LOADED HUMMUS BOWL WITH MERGUEZ MEATBALLS

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COOK TIME: 40mins

SERVES: 4

CALORIES: 726 kcal (PER SERVING)

INGREDIENTS

*HUMMUS

5 tbsp lemon juice
1 garlic clove, smashed
1 tsp each: salt, black pepper, ground cumin
½ cup tahini
1 can (400g/15 oz) chickpeas, drained
1 tbsp sesame oil
1 tbsp greek yogurt
4 tbsp ice cold water

*CUCUMBER-TOMATO SALAD

1 cucumber, thinly sliced
200 g/7 oz cherry tomatoes, halved
1 red onion, thinly sliced
2 tbsp olive oil
1 tbsp lemon juice
½ tsp each: salt black pepper, garlic powder

*MERGUEZ MEATBALLS

450 g/1 pound merguez sausage
3 tbsp olive oil
200 g/7 oz chickpeas, drained
½ cup pine nuts
1 garlic clove, minced
2 tbsp parsley, more for serving
red pepper flakes, for serving
za'atar spices, fro serving
flakey salt, for serving
freshly ground black pepper, for serving
pickled green chili peppers, for topping

DIRECTIONS

Start by making the hummus. To your food processor, add lemon juice, salt, pepper, cumin, smashed garlic clove and tahini. Blend until the garlic is finely chopped, about 2 minutes. Next add chickpeas, sesame oil, yogurt and ice water. Process until super smooth and creamy, about 5 minutes.

Next prepare the salad. Thinly slice the cucumber and red onion, cut the cherry tomatoes in half. Combine with olive oil, lemon juice, salt, pepper and garlic powder.

Remove the casings from the merguez sausages, cut into 5 cm/2 inch pieces and roll into balls.

Heat oil in a skillet over medium. Add meatballs and brown on all sides, about 3 minutes. Add chickpeas, pine nuts and garlic. Cook fro 3-5 minutes, or until the chickpeas are crispy. Stir in parsley and black pepper.

Bring it all together. Divide hummus among 4 bowls (or use 1 large shallow bowl) and use a spoon to create swirls. Top with the meatball mixture, cucumber-tomato salad and green peppers. Finish off with za'atar, flaky salt, black pepper, red pepper flakes and parsley. Serve with warm naan, enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.