

# PERFECT PARTY DIPS 3 WAYS

## Hummus

Makes 1 cup

### INGREDIENTS

1 can chickpeas, drained (but reserve liquid)  
2 tbsp olive oil  
1 tbsp lemon juice  
1 garlic clove, peeled  
½ tsp ground cumin  
Salt and black pepper

### Serving suggestion:

Olive oil  
Chickpeas, roasted  
Fresh coriander

### METHOD

1. Place all ingredients in a Nutribullet blender and blend until smooth. Use 2-4 tbsp reserved chickpea liquid to loosen if necessary.
2. Serve in a bowl with a generous drizzle of olive oil, roasted chickpeas and fresh coriander and ENJOY!

## Red Pepper Pesto

Makes 1 cup

### INGREDIENTS

3 red peppers  
2 cloves garlic, peeled  
½ cup cashew nuts + ¼ cup to garnish  
Large handful basil leaves  
½ cup grated hard cheese  
½ tsp smoked paprika  
¼ cup olive oil  
Salt, to season

### Serving suggestion:

Olive oil, to drizzle  
Chilli flakes  
Roasted cashew nuts, roughly chopped

## METHOD

1. Preheat the oven to 180 C.
2. Lightly toast the cashew nuts on a tray in the oven for a few minutes until golden in colour, then remove from the oven. *\*Chef's Tip: Watch them carefully so that they don't burn!*
3. Turn the oven up to 220°C on the grill setting.
  1. Cut peppers in half lengthwise and remove seeds.
  2. Place cut side down on an oven tray and drizzle with olive oil and sprinkle with salt. Place under the grill for 10 minutes, or until the skin blackens slightly.
  3. Remove from the oven and place peppers in a sealable plastic bag.
  4. After 15 minutes they should be cool enough to peel the skin off easily.
  5. Place all ingredients into a NutriBullet blender and blend until smooth.
  6. Serve in a bowl with a generous drizzle of olive oil, chilli flakes and roughly chopped cashew nuts and ENJOY!

## Guacamole

Makes 1 cup

## INGREDIENTS

- 3 ripe avocados
- ½ lemon, juiced + extra to garnish
- 2 garlic cloves, peeled
- 1 green chilli, finely diced (optional)
- ½ cup fresh coriander
- ¼ tsp salt, plus more to taste
- Freshly ground black pepper
- ¾ cup diced tomatoes
- 1/3 cup diced white onion

## Serving suggestion:

- Lemon halves
- Tortilla chips

## METHOD

1. Peel and de-pip the avocados and combine with the lemon juice, onion, garlic, chilli, coriander, salt and pepper in a Nutribullet blender and blend until just smooth.
2. Fold the diced tomato and onion through the guacamole.
3. Serve in a bowl with an extra squeeze of lemon juice and ENJOY!