

Fattet Hummus with Paratha & Spiced Yoghurt



Prep time: 30 Minutes
Cook time: 45 Minutes



Medium



Vegetarian



Serves: 4



Warm, hearty and healthy Fattet Hummus recipe made using Humza Lacha paratha and chickpeas is a treat for all the hummus lovers. An ideal meal for breakfast or brunch, you can also enjoy this Middle Eastern savoury bread pudding with pine nuts and parsley. It can be veganised too if at all vegan yogurt is at your disposal. Eat it up as soon as you make it for the paratha may become soggy. We just shared our version but we will be waiting for your version too.

Featured product

Ingredients:

- 2 Humza Lacha Parathas
- 1½ cups dried chickpeas (soaked overnight with 1 tsp baking powder then drained)
- ½ cup extra virgin olive oil
- ¾ cup pine nuts
- 1 cup plain (full-fat yogurt)
- 3 tbsp minced mint
- ¼ tsp paprika
- 2 cloves garlic (minced)
- 3 tbsp unsalted butter (browned)
- Kosher salt (to taste) and black pepper (freshly ground)

Method:

1. In a large saucepan, combine water and chickpeas and boil until tender, about 30 minutes.
2. Drain half of chickpeas and transfer to a shallow dish. Make hummus out of remaining chickpeas.
3. Preheat oven to 210° C.
4. Toss Humza Lacha Paratha with oil, on a skillet until golden and crisp. Cut and keep it aside.
5. Heat remaining oil over medium-high. Cook pine nuts until golden for about 4–5 minutes; set aside.
6. Stir yoghurt, mint, paprika, garlic, salt, and pepper in a bowl and drizzle over Parathas.
7. Top with pine nuts; drizzle with brown butter and serve with chickpeas.

