Sauces / Italy

Warm chickpeas and pumpkin dip · Italy

A smooth cooked-pulse and vegetable dip with Italy-inspired seasonings, enough for four diners.

Time 30 min **Servings** 4

What you'll need.

- ☐ 480 g drained cooked chickpeas
- ☐ 350 g pumpkin
- ☐ 30 ml neutral cooking oil
- ☐ 25 ml lemon juice
- ☐ 100 ml water
- ☐ 15 ml extra virgin olive oil
- ☐ 2 g dried oregano
- ☐ 10 g fresh basil
- ☐ salt and pepper to taste

Let's make it.

01 Clean and chop the vegetable, then boil or steam until completely tender. Drain well.

02 Rinse the cooked pulses and heat with the water until piping hot.

03 Carefully blend with the cooked vegetable, oil, lemon juice and listed flavourings, adding warm water if needed.

04 Serve warm as part of a meal. Cool any leftovers promptly and refrigerate.

AI-developed, not kitchen-tested.

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