



## Edamame Hummus

<b>What to collect</b>	
<b>Ingredients</b>	<b>Equipment</b>
1 ½ cups edamame shelled	saucepan
¼ cup tahini	food processor
¼ cup water	spatula
½ teaspoon grated lemon zest, 3 tablespoons lemon juice	metric measuring spoons/cups
1 clove garlic, chopped	serving bowls/plates
¾ teaspoon salt	colander
½ teaspoon ground cumin	juicer
¼ teaspoon ground coriander	zester
3 tablespoons extra virgin olive oil	
1 tablespoon flat leaf parsley, chopped	

## What to do

1. Place edamame beans in salted boiling water for 4-5 minutes, then refresh under cold water.
2. In a food processor, place edamame, tahini, water, lemon zest and juice, garlic, salt, cumin and coriander. Process until smooth.
3. While the motor is still running slowly drizzle in 2 tablespoons of olive oil and continue processing until it is absorbed.
4. Taste dip, to see if it needs any adjustments.
5. Place hummus on a plate, drizzle with the remaining tablespoon of olive and sprinkle the parsley.
6. Serve with cut up veggies/seeded crackers etc....