

HEART OF PALM HUMMUS



Preparation : 5 min - **Resting :** - - **Cooking :** - - **Equipment :** Mill attachment

Ingredients : 4

- 200 g heart of palm - 1/2 garlic clove - 1 tsp lemon juice - ground Espelette pepper - 1 small spring onion - 60 mg yoghurt - 5 tbsp olive oil

1. Drain the heart of palm and cut into 2-cm pieces. Peel the garlic, discard the bitter shoot and crush. Cut the onion into quarters. Place all the ingredients in the mill bowl and close carefully.

2. Turn the selector to 0.5 or 1 and liquidise for approximately 20 seconds, then gradually turn the speed up to 2. Stop blending when the hummus has a smooth and uniform texture.

Power Blender ■