



The 5 Ingredient Collection

QUICK ROOT VEGETABLES & HUMMUS FEAST

#myshangrila

Recipe by Executive Chef Kenan Demirel, Bord Eau Restaurant, Shangri-La Hotel, Qaryat Al Beri, Abu Dhabi



INGREDIENTS

Serves 4

Boiled chickpeas	1 cup
Tahini	1 tbsp
Colourfull zucchini	4 pcs
Carrots	2 pcs
Salmon roe	

RECIPE

1 Blend all the chickpeas in a blender together with the Tahini.

2 Add in four ice cubes and salt, olive oil as well as the lemon juice to taste. This should give you a thin texture of Hummus.

3 Place the Hummus under the vegetables. You may adjust the thickness by adding ice or cold water according to your preference.

4 Prepare salted, boiling water for the blanching of the vegetables.

5 Slice colourful zucchini and carrots into 0.2cm slices. You can use your peeler for this.

6 In an additional container add cold water with a couple of ice cubes. Place the sliced vegetables into the boiling water for 30 seconds, remove and add to the cold water container. Wait one minute.

7 Remove the vegetables and place on a dry kitchen towel to absorb excess water. You may season the root vegetables with olive oil, salt and pepper.

8 Next roll them one-by-one, ready for plating.

9 Place some Hummus on the base of the plate, then add the nicely seasoned root vegetables on top.

10 Add salmon roe around it and garnish with some fresh herbs.

TIPS

- Light, healthy and affordable. This quick and easy to make recipe is high in protein.