

PRODUCT INNOVATION

PROCESSING

**THE POWER OF
PULSES**

NUTRITION & HEALTH

SUSTAINABILITY

Pulses - Nutrition Powerhouses

Key Nutrients

- Packed with **complex carbohydrates, fibre and protein** pulses are a great source of energy that can keep us fuller for longer
 - Also, a good sources of **iron, magnesium and B-vitamins**
- Eating more pulses can help us achieve dietary goals and is **beneficial for the health of both people and planet**
 - Low carbon cooking
 - Add to existing dishes and experiment with different varieties

Beans, lentils and peas – many varieties, tastes and textures



Basic Hummus

INGREDIENTS

- 200g/7oz canned chickpeas - drained
- 2 tbsp lemon juice or more to taste
- 2 garlic cloves, crushed
- 1 tbsp tahini (sesame seed paste)
- 4 tbsp water
- 2 tbsp extra virgin olive oil

**Think about allergen
labelling – tahini is made
from sesame one of the 14
major allergens that must
be declared on a food label**



METHOD

- Drain the chickpeas. Reserve a few whole chickpeas for serving.
- Combine the chickpeas, lemon juice, garlic, salt, tahini, and water in a food processor, and blend to a creamy purée.
- Add more lemon juice, and salt to taste. Dish up and drizzle with extra virgin olive oil and scatter the reserved chickpeas.

**Removing the tahini means we do not need the 'sesame' allergy label
Adding dried cumin provides the earthy/nutty flavour in this recipe**



Tahini-Free Hummus

INGREDIENTS

- 200g/7oz canned chickpeas – drained**
- 2 tbsp lemon juice or more to taste
- 2 garlic cloves, crushed
- **1 tsp cumin powder or more to taste
- 4 tbsp water
- 2 tbsp extra virgin olive oil

METHOD

- Drain the chickpeas. Reserve a few whole chickpeas for serving.
- Combine the chickpeas, lemon juice, garlic, salt, tahini, and water in a food processor, and blend to a creamy purée.
- Add more lemon juice, and salt to taste. Dish up and drizzle with extra virgin olive oil and scatter the reserved chickpeas.

**As this recipe removes the tahini you may need to use a little of the drained chickpea liquid to achieve the right consistency

Sometimes pulses can taste bland – adding herbs, spices and other flavours, such as beetroot and red peppers can mean that we need less salt to season which reduces the sodium content of the finished product



Get Creative

Roast Red Pepper

- 3 large red peppers, cut in half and seeds removed.
- 1 tsp ground cumin, 1tsp ground coriander, 1tsp olive oil
- Salt & white pepper to taste.

METHOD: Grill the pepper with the cumin, coriander and oil for 10/15 minutes.

With a pair of tongs transfer the hot peppers to a bowl and cover tightly with cling film. The steam will then loosen the skins. Leave until cool enough to handle so you can peel off the skins. Blend in a food processor and add to the basic Hummus mix.

Caramelized Onions

- 400g red onions finely chopped
- 10g butter, 10g brown sugar, 1tbsp balsamic vinegar
- salt & white pepper to taste.

METHOD: Melt butter in a non-stick pan on a medium heat and add onions. Fry until they soften (10/15 mins) add the brown sugar and vinegar then turn down the heat and fry until brown and sticky, slow and low is the aim here. Once dark (not burnt) cool and add to Hummus mix and dish up.

Don't forget to add the allergen labels if you are using the basic hummus recipe and 'milk' if using the yoghurt recipe



Indian Spiced

- 2 tbsp olive oil, 400g red onion finely chopped, 2g fennel seeds, 1g ground turmeric, 5g of each of cumin & coriander seeds, salt & white pepper to taste.

METHOD: Heat oil in a non stick pan, add the turmeric and fry the onions until soft, then set aside. Toast seeds in a hot dry pan, then remove from heat and grind to make a fresh powder add to the onions and into the Hummus mix and dish up.

Chilli, Garlic and Coriander.

- 2 tbsp olive oil, 1 red chilli pepper finely diced, 1tsp chilli powder, 2 cloves of garlic finely diced, 10g chopped fresh coriander, salt & white pepper to taste.

METHOD: In a non-stick pan warm the oil add the garlic and fresh chilli cook for 2 minutes on low, add the chilli powder cook for a further 2 minutes, set aside to cool. Chop the fresh coriander. Once cool add the garlic chilli mix along with the chopped coriander to the Hummus mix and dish up.

Beetroot and Yogurt

- 200g cooked vac pack beetroot, 2 tbsp fresh natural yoghurt, salt & white pepper to taste.

METHOD: Blitz the cooked beetroot in a food processor and add to the Hummus mix dish up and add yoghurt to the top.

Make a meal of it...

- **Falafel and hummus wraps**
 - Lettuce, chopped tomato & cucumber falafels and hummus into a pitta
- **Hummus shawarmas**
 - Spice roasted vegetables or chicken, into a wrap with salad and hummus
- **Coronation chickpeas**
 - Mash chickpeas with spring onions, chopped dried apricots, curry paste and mayo/yoghurt and use as a filling for sandwich or jacket potato

Did you know... you can use hummus to make a quick creamy pasta sauce. Simply cook and drain pasta, reserving some of the cooking liquid – add a few tablespoons of hummus loosened with some of the pasta water. You can add any cooked veg and finish with a little grated cheese and black pepper to taste.

Pack those pulses in for an affordable, healthy and tasty meal!

