

# Mango Humus

Sweet and savory Mango Hummus combines tropical mango with traditional chickpeas. A vegan-friendly appetizer perfect for summer entertaining.

5	60	65	2	Easy
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

## Mango Humus

## Malzemeler

- 1 mango
- 1 cup chickpea
- 1 clove garlic
- 1 tbsp olive oil
- 1 tsp mustard
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp salt
- 1 tsp black pepper
- 1 wheat tortilla

## Yapılı???

- Prepare the ingredients**

Peel and dice 1 large ripe mango into 1-inch pieces. Drain and rinse 1 cup canned chickpeas in a fine-mesh strainer until water runs clear.
- Mince 1 garlic clove finely with a sharp knife or garlic press.**
- Cook the mango**

Heat 1 tablespoon olive oil in a large skillet over medium heat (175°C/350°F) until the oil shimmers and moves freely in the pan, about 1-2 minutes.
- Add the minced garlic and cook, stirring constantly, for 30 seconds until fragrant but not browned.**
- Add the diced mango, 1 teaspoon cumin, 1 teaspoon paprika, 1 teaspoon salt, and 1 teaspoon lemon juice. Cook, stirring occasionally, for 4-5 minutes until the mango softens and releases its juices.**
- Make the hummus**

Transfer the cooked mango mixture to a food processor. Add the drained chickpeas and pulse 5-6 times to break up the chickpeas.
- Process continuously for 2-3 minutes until the mixture is smooth and creamy, stopping to scrape down the sides of the bowl every 30 seconds.**

## 8 Serve

Transfer the mango hummus to a serving bowl and smooth the top with a spoon. Drizzle with a thin stream of olive oil and serve immediately with pita triangles or fresh vegetables.

## ?puçlar?

Choose mangoes that yield slightly to pressure but aren't mushy for the perfect sweetness level and texture.

Sauté the mango briefly to concentrate its flavors and reduce moisture content for a thicker, more cohesive hummus.

Use canned chickpeas for convenience, but rinse them thoroughly to remove excess sodium and improve the final taste.

Add liquid gradually when blending to achieve your preferred consistency - you can always add more but can't take it away.

Taste and adjust seasoning after blending, as the mango's sweetness may require additional salt or lemon juice for balance.

Let the hummus rest for 30 minutes before serving to allow flavors to meld and develop complexity.

Drizzle with olive oil and sprinkle with paprika or chopped fresh herbs for an elegant presentation.

Serve at room temperature rather than straight from the refrigerator for the best flavor and texture.