

Tahini Sauce & Homous

Tahini Sauce:

2 Tablespoons Tahini (Sesame Seed Paste)
1 Clove Garlic, chopped
2 Tbs fresh Parsley, chopped
Juice of ½ Lemon
Salt and coarsely grated pepper to taste.
1-2 teaspoons Water

Mix with food processor or hand blender until well combined.

To make Houmous add 1 cup cooked chick peas.

Serves 4-6.

Use as a dip for Falafels or Turkish Bread, or spread in Pita Bread. Stuff with Falafels, Lettuce, Spring Onion, Tomatoes and Cucumber.

A great salad idea is Tabouli.

