 

TAPAS & CRATER RIM WAIPARA CHARDONNAY

Serve the three items below on a wooden platter as pictured.

**WEEKEND**

**ENERGY  
kJ**

CROSTINI

1. Slice French stick on an angle to get thin, long slices.
2. Spread with margarine (or garlic margarine) and toast in a ribbed grill or toasted sandwich maker.

ROAST BABY VEGETABLES

**SUGAR  
G**

1. Clean and trim a selection of baby vegetables eg: carrots, parsnips, beetroot.
2. Roast the vegetables in a little oil and garlic & herb salt at 180 degrees for about 30mins or until tender and browned.

HUMMUS

INGREDIENTS

420g can chickpeas

2Tbsp tahini

Juice of one lemon

1 tsp crushed garlic

2Tbsp olive oil

Cayenne pepper to taste

Salt & pepper

1. Drain chickpeas and put in blender with all other ingredients, leaving liquor aside.
2. Blend ingredients well to smooth consistancy, adding leftover liquor if required.
3. Adjust taste with cayenne and salt & pepper.
4. Serve decorated with dukkar and olive oil.

