

# Beetroot Hummus Bowl with Chicken

and Buckwheat



*In this recipe, you'll make hummus from scratch, using beetroot and chickpeas.*

**Takes: 20 min | Dairy-Free | Equipment Required: Food processor**

**Cals 995 | Prot 73 | Carbs 110 | Fat 33**

## Tips For Fussy Eaters

Make regular hummus and serve the beetroot to the side.

## Pro Tip

Add an ice cube to the hummus as you are blending it - this will make it extra smooth.



## Ingredients

For 2 For 3 For 4

### Bowl

Chicken breast	400	600	800	Grams
Buckwheat	150	225	300	Grams
Olive oil	2	3	4	Tbsp
Baby spinach	60	60	125	Grams
White balsamic vinegar	15	22	30	ML
Dijon mustard	6	9	12	Grams
Honey	15	15	30	Grams
Almond flakes	30	45	60	Grams
Black sesame seeds	10	10	10	Grams

### Beetroot Hummus

Chickpeas	240	240	480	Grams
Garlic cloves	1	1	2	Piece
Cooked beetroot	200	400	400	Grams
Tahini	40	60	80	Grams
Lemon	1	1	2	Piece
Smoked sea salt	2	2	2	Grams
Olive oil	2	3	4	Tbsp



### 1 Boil buckwheat

Rinse the **buckwheat**. Bring a large pot of salted water to the boil. Once boiling, add the **buckwheat** and cook for 15 min or until tender. Drain once tender and transfer to a bowl to cool slightly.



### 2 Fry chicken

Meanwhile, heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through.



### 3 Make hummus

Meanwhile, drain the **chickpeas**. Peel the **garlic**. Chop the **beetroot** into wedges. To a food processor, add the drained **chickpeas**, half of the **beetroot**, the **garlic**, **tahini**, a squeeze of **lemon** juice, a generous pinch of **smoked salt** and a good glug of **olive oil**. Blitz well until smooth.



### 4 Prep

Rinse the **baby spinach**. In a large bowl, whisk the **olive oil**, **white balsamic vinegar**, **Dijon** and **honey** with a pinch of the remaining **smoked sea salt**. Add the drained **buckwheat**, **almond flakes** and **spinach** leaves.



### 5 Assemble

Top the **buckwheat** and **spinach** leaves with the **beetroot hummus**, **chicken** and the remaining **beetroot** wedges. Garnish with the **black sesame seeds**.