

LUPIN HUMMUS

Served on roasted fennel flatbread

Recipe by Els Bacqué, Content Leuven

www.contentleuven.be

Ingredients

Hummus: 250 g lupin beans, 1 fennel, juice and zest of 1 lemon, sun-dried tomatoes in oil, sunflower oil, tahin

Flatbread (6 servings): 166 g wheat flour, 83 g lupin flour, 11 g baking soda, salt, 200 g yoghurt, optional: caraway seeds or fennel seeds

Instructions

- Remove the fennel greenery, but don't toss it all – keep some for finishing up the dish later on. Cut the fennel lengthwise into slices of 1-2 cm. Transfer the slices to an oven dish and put some sunflower oil, salt and lemon zest on top. Bake in an 180 °C oven for 10-15 minutes.
- Cook the lupin beans in salted water with some sodium bicarbonate until tender. Mix them in a food processor with tahin, cumin, salt, lemon juice and the oil from the jar of sun-dried tomatoes. Mix in the sun-dried tomatoes to taste.
- Toss all flatbread ingredients and knead until a firm dough has formed. Let it rest for a little while. Divide the dough into 6 smaller dough balls and flatten them using a rolling pin. Bake the flatbread in a pan with some sunflower oil.
- To serve, cover the flatbread with the hummus and put the roasted fennel on top. Finish off with some fennel greenery.



Lupine

is rich in protein and can either be used directly as a cooked bean or processed into flour. It can be incorporated into cereal, finger food, plant-based drinks or burgers. Just like soy, lupin is considered to be an allergen.





CLIMATE RESILIENT ORPHAN CROPS FOR INCREASED DIVERSITY IN AGRICULTURE



www.cropdiva.eu

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement N° 101000847



This recipe was created as part of the project 'Een boon voor Leuven';

