

Humus with fava, red lentils & mint (for a company of 8) (with scent of cumin)

Ingredients

- ♥ 250 g yellow fava (from Greek stores)
- ♥ 150 g red lentils
- ♥ 6 t.s. extra virgin olive oil (EVOO)
- ♥ ½ teaspoon cumin seeds, ½ teaspoon fennel seeds, 10-15 fresh mint leaves or 1 teaspoon dried mint/ spearmint, sea salt & freshly ground black pepper to taste, juice of ½ lemon

Preparation steps

- ♥ Boil the fava & lentils in 800 ml water for about 40 min. with 2 t.s. EVOO, pinch of sea salt & a dozen of cumin seeds
- ♥ Add the freshly ground cumin & fennel seeds to the already boiled legumes, along with lemon juice, 4 t.s. EVOO, mint, salt & pepper to taste
- ♥ Puree with blender until obtaining a tender cream, while if needed add some warm water for the desired creamy texture



This light humus pairs magnificently with roasted or fried zucchinis.

Legumes match perfectly with extra virgin olive oils **Golden center** (medium fruitiness & pungency), as well as with **Olive oils Beyond** (Intense fruitiness & pungency) & **Early Harvests**. The olive cultivars Koroneiki, Maroneia, Makri, Chondrolea Chalkidikis, Coratina, Peranzana, Picual, Hojiblanca, Picudo, Istrska Bjelica, Moraiolo, Intosso, Itrana, Memecik and more are an excellent choice.

Find out more on the topic >> "[Extra virgin olive oil and its delightful pairing with food](#)" from "[Sun & Olive oil](#)" (on [Gastro Club&Events - My Pure Olive](#))

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