

HUMMUS MASHED POTATOES

(A MIDDLE EASTERN DISH WITH A TWIST)

Here's an original dish to share around the table!

◆ INGREDIENTS

9 medium yukon gold potatoes peeled and halved
1¼ cups CORTAS garbanzo boiled chickpeas
1 tbsp CORTAS olive oil
1/2 cup almond milk
1/3 cup coconut milk or 1 cup regular milk for non-vegans
1 tbsp dried garlic
Salt and pepper to taste
For garnishing: Chopped fresh chives or parsley

◆ METHOD

- Use our naturally vegan, creamy and flavor-packed Cortas Garbanzo Boiled Chickpeas and mash it with previously boiled potatoes.
- Mix well with a little drizzle of Cortas olive oil, all the milk and the garlic.
- Season with salt and pepper to taste.
- Sprinkle with minced parsley or chives and drizzle with a little extra Cortas olive oil before serving.

Sahtein!

