



# Quick chickpea purée and hard-boiled egg

## Ingredients (serves 1)

75 g cooked chickpeas

60 ml water or vegetable stock

1 egg

1 tbsp extra virgin olive oil

Salt (skip in case of hypertension or fluid retention)

Pepper

## Method

1. Boil an egg in a saucepan with water at low heat for about ten minutes. Cool, peel and set aside.
2. Wash the chickpeas under running water and place in a container suitable for blending.
3. Add 60 ml of water or stock, olive oil, salt, and pepper.
4. Blend everything.
5. Put the mixture through a food mill to remove the chickpea skin and to obtain a creamier texture.
6. Serve the purée with grated hard-boiled egg on top.

## Recommendations

If there is no dysphagia or fibre restriction, it is not necessary to put the purée through the food mill.  
If you need a homogeneous texture, mash the boiled egg together with the chickpeas.