

# Hummus Pilaf

## Ingredients

- 2 tbsp olive oil
- 2 tbsp sesame seeds
- 3 cloves garlic, minced
- 1  $\frac{3}{4}$  cups water
- 1 package (6.09 oz) Near East® Rice Pilaf Mix
- 1 can (15.5 oz) chickpeas, rinsed and drained
- 1/2 cup chopped fresh parsley
- 2 tbsp lemon juice
- 1/8 to 1/4 tsp cayenne pepper

## How to make it

1. In medium saucepan, heat oil and sesame seeds over medium-high heat, 2 to 3 minutes or until seeds begin to brown, stirring constantly. Stir in garlic, cook 30 seconds.
2. Add water, rice and contents of Spice Sack; bring just to a boil.
3. Cover; reduce heat to low. Simmer 25 minutes.
4. Stir in chickpeas, parsley, lemon juice and cayenne pepper. Cover; refrigerate at least 2 hours before serving.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	25 min	30 min	4

## Made with



Near East® Rice Pilaf Mix