

# Grilled Summer Vegetables with Dukkah and Hummus

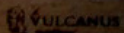


Scan the QR code to watch  
along with the video online



**VULCANUS**

God of flames





**Serves 4**

### Ingredients

2 Hispi cabbages  
12 young onions  
6 small courgettes

### Hummus

400g tin chickpeas  
drained and rinsed  
1 tbsp nut butter  
Zest and juice of 1 lemon  
A scrap of garlic, grated  
1 tbsp extra virgin olive oil  
Sea salt and freshly  
ground black pepper

### Dukkah

30g hazelnuts  
30g pumpkin seeds  
Sunflower seeds  
2 tsp coriander seeds  
2 tsp cumin seeds  
Sprig of fresh mint  
Chilli flakes

### Dressing

Olive Oil  
1 garlic clove  
1 lemon  
Sea salt and freshly  
ground black pepper

### Allergy Information

This recipe contains nuts which some people may be allergic to. Please check carefully before preparing or serving this dish.

**SPECFLUE**

*...designed to be better*

Specflue are exclusive  
UK distributors of  
Vulcanus® products.

0333 999 7974  
sales@specflue.com  
specflue.com

### Hummus method

- Put the drained chickpeas into a food processor with the nut butter, lemon zest and juice, garlic, a pinch of salt and a twist of pepper. Blitz to a coarse puree, then keep blending, trickling in the olive oil. If necessary, trickle in a little water too, to achieve a loose, spoon-able texture. Season to taste.

### Dukkah method

- Set a small, heavy pan over a medium-high heat. Add the nuts and pumpkin or sunflower seeds to the pan and toast them for 2–3 minutes, shaking the pan regularly so they take on some even colour.
- While the seeds and nuts are toasting, lightly crush all the spice seeds using a pestle and mortar – breaking rather than grinding the spices; leaving a few whole seeds is fine.
- Add these to the pan of nuts and seeds, along with the salt, pepper and chilli flakes.
- Continue to heat for 2–3 minutes, moving or turning the mix now and then – you’re toasting the nuts and spices, almost-but-not-quite burning them (and beware, the small seeds/spices burn quite easily). When done, tip onto a plate and set aside to cool.

### Grilled veg method

- Chop the cabbages into eighths, cut the onions in half and slice the courgettes into 3 or 4 lengths.
- Add vegetables to heated Vulcanus® grill.
- Turn vegetables when slightly charred (keeping the stork ends nearer to the fire as they’ll need longer to cook).

- Place the griddle onto the Vulcanus® to heat ready to make the dukkah.
- While the griddle is heating prepare hazelnuts by bashing in a pestle and mortar.
- Add the hazelnuts, whole pumpkin and sunflower seeds to the griddle and stir, then leave to toast.
- Create the dressing in the serving platter by drizzling olive oil, salt, a squeeze of lemon and slithers of garlic.
- Remove the cabbage from the grill once cooked and place on top of the dressing on the serving platter.
- Add another layer of dressing, drizzle of olive oil, sprinkle of salt and a squeeze of lemon before serving the courgettes on top of the cabbage.
- Place the onions on top of the other grilled veg and drizzle with oil, a twist of pepper and a squeeze of lemon.
- Prepare the spices for the dukkah by grinding the coriander and cumin seeds, once done add to the griddle with the hazelnuts, pumpkin and sunflower seeds.
- Once you can hear the spice seeds crackle and the nuts are nicely coloured the dukkah is almost ready.
- Remove the dukkah from grill and place on a plate to cool.
- Finely chop fresh mint and sprinkle on the dukkah along with a pinch of salt and chilli flakes then mix together.
- Generously dab hummus onto the platter of grilled vegetables.
- Once the dukkah is cooled, sprinkle generously onto the platter of vegetables and serve.