**Hummus Pizza with Feta Cheese and Arugula**

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**Ingredients**

* 2 pizza bases (see separate recipe for pizza dough)
* 400g canned chickpeas drained and rinsed
* juice from 1 lemon
* 1 clove of garlic, crushed
* ½ teaspoon cumin or caraway seeds
* 200 g feta cheese, crumbled
* 100g arugula leaves (rocket)
* 1 ½ red onion, finely chopped
* 1 teaspoon olive oil
* 4 spoons tomato paste

**Instructions**

* 1. Use a food processor to make a hummus paste out of chickpeas,lemon juice and garlic. Add cumin or caraway seeds
* 2 Season to taste with salt and pepper and add a little water to get a spreadable consistency (if needed).
* 3 Preheat oven at 200 C. Wash rocket leaves and dry on paper towel.
* 4 Spread the hummus on pizza crust. Crumble feta cheese.
* 5 Peel & chop red onion. Sprinkle feta cheese, rocket and onions onto pizza.
* 6 Bake for 15 min approximately or until crust is golden brown.
* 7 Mix tomato paste with 6 tablespoons water.
* 8 Remove pizzas from oven and sprinkle tomato paste over evenly
* 9. Sprinkle some more feta cheese. Bake for 5 more minute. Cut pizza and serve.