

Broad Bean Dip

Ingredients:

- 1 ½ cups broad bean pods
- 1 garlic clove, peeled
- 1 ½ tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon mint leaves
- ½ teaspoon salt

Method:

- Boil a medium sized pot of water. Gently place broad beans into boiling water and cook for 5 minutes (cut a broad bean in half to check it is cooked all the way through).
- Once cooked, drain the broad beans and rinse under cold water. Place all ingredients into food processor and blitz until smooth. If dip is too thick, add a little cold water.
- Divide into 4 small bowls.