Broad bean dip

Recipe by Lazy Cat Kitchen

SERVES 2-3 AS STARTER | PREPARATION 30 MIN | COOKING 5 MIN

INGREDIENTS

- 250 g / 1½ cups podded and optionally shelled* broad beans**
- 1 small garlic clove
- 1½ tbsp lemon juice (or 2 for a more lemony taste)
- ½ ripe avocado (or 2 tbsp extra virgin olive oil)
- fresh mint or basil leaves (I used 15 medium mint leaves)
- ½ tsp fine sea salt
- freshly ground pepper, to taste
- fine chilli flakes, to taste (optional)

METHOD

1. Boil a pot of water on the stove. Put podded and washed beans into boiling water and simmer for about 3-5 minutes (depending on the size of the pods). Test one to make sure the inside is cooked.
2. While your beans are cooking, put a few ice cubes into a bowl of cold tap water. As soon as the beans are ready, drain them and then chuck them into the bowl with the icy water. This step isn't necessary, but it will ensure that the beans keep their vibrant colour.
3. For a bright green dip, shell the beans by making a tiny incision at the top of the bean and pressing the inside out.
4. Place shelled beans, garlic, lemon juice, avocado, mint leaves, half of the salt and a grind of pepper into a food processor. Blend until smooth. Add a touch of cold water if the dip is too thick.
5. Taste and adjust seasoning to your taste. If you wish, serve with a bit of extra virgin olive oil drizzled on top – it will make it look pretty and prevent the spread from drying up once served.

NOTES

*Young broad beans do not necessarily require shelling but I did this to keep the dip vibrantly green.