

Spicy broad bean fritters with lemon minted dressing

Ingredients

- 1 kg fresh broad beans, in their pods (about 300g podded weight) or 500g defrosted broad beans. You can top up with chickpeas if necessary
- 6 sprigs fresh coriander
- ½ a bunch of fresh mint
- 1 cup of chopped carrot tops (the green)
- ½ teaspoon cayenne pepper
- 1 level teaspoon ground cumin
- ½ fresh red chilli, deseeded and finely sliced
- 1 lemon, zest and juice of
- 2 heaped teaspoons plain flour
- 2 Tbl olive oil
- a few handfuls mixed crunchy salad leaves washed and spun dry
- extra virgin olive oil for dressing

Method

Boil any larger white-skinned broad beans for 30 seconds, then drain.

Now whiz the coriander and half the mint plus carrot tops in a food processor.

1. Season with sea salt and black pepper, then add the spices, chilli, broad beans and lemon zest and whiz until finely chopped (stopping once or twice to scrape the mixture off the sides). Sprinkle in the flour and pulse for a few seconds. Don't add any more flour or the mixture will become too dry.
2. Get a large frypan and heat a little oil.
3. Scoop up a small amount of the broad bean mixture and either use your hands or two spoons to shape it into little rounds, then put them on to the plate.
4. When they're all done, carefully place one of them into the hot pan and cook until golden. Turn them and when cooked remove using a spatula and drain on a plate lined with kitchen paper

5. Squeeze half of a lemon juice into a bowl. Pick and chop the rest of your mint leaves and stir them in with a tablespoon of olive oil, adding salt and pepper to taste. Dress your salad leaves with a squeeze of lemon juice and some olive oil.
6. Sprinkle the fritters with salt and serve with the dressed salad leaves.

Recipe Adapted from:

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