



BROAD BEAN BRUSCHETTA

This recipe serves 6 - 8.

INGREDIENTS

- 500g broad beans - podded
- 2 - 3 tablespoons olive oil
- zest of 1 lemon
- 10g fresh mint - torn
- 10g fresh basil - torn
- 1 small French stick - sliced
- 1 garlic clove

EQUIPMENT

- small clean screw top jar
- tablespoon
- grater
- chopping board
- sharp knife
- bread knife
- pastry brush
- baking tray
- saucepan
- colander
- mixing bowl
- fork
- teaspoon

HOW TO MAKE IT

1. Measure the olive oil into the clean screw top jar. Add the lemon zest and torn herbs. Place the lid on the jar and shake it.
2. Heat the oven to 200°C/Gas 6. Rub the bread slices with the garlic clove.
3. Lightly oil the slices and bake until golden-brown. (These can be stored in an air tight tin for a couple of days).
4. Cook the broad beans in boiling water for 2 - 3 minutes until just tender. Drain well, refresh in cold water and drain again.
5. Slip each bean out of its grey skin into a large bowl. Discard the skins. The beans should

now be a bright emerald green.

6. Crush the beans with a fork. Stir in the remaining lemon flavoured oil and the herbs. Top the warmed bread slices with the bean mixture. Serve with a sprinkling of black pepper.