

Season: Spring/Summer
From the garden: Broad beans, garlic, lemons, mint leaves
Type: Snack
Difficulty: Easy
Country of origin: Middle East
Serves: 2 cups or 30 small tastes
Source: Adapted from Nigel Slater, Tender Volume 1

Equipment

- Food processor or hand blender
- Chef's knife
- Chopping board
- Large mixing bowl
- Large pot
- Sieve or colander
- Garlic crusher
- Lemon zester/fine grater
- Measuring cup and spoons
- Serving bowls

Ingredients

- 5 kg fresh broad beans in pod (5 cups podded/1kg frozen podded beans)
- 3 cloves of garlic
- 2 lemons
- Small handful fresh mint (substitute parsley)
- ¼ cup olive oil
- ½ cup grated parmesan (substitute cheddar, feta or plain yoghurt)
- Salt and pepper

How to make it

1. Remove broad beans from pods and place in a bowl. Fill a large pot with water, place on stove, turn setting to high and bring to the boil. **Caution – hot! Ask an adult to help you with this.**
2. Blanch beans for 2 minutes then carefully remove from heat and drain beans in a sieve or colander in an empty sink. **Caution – hot! Ask an adult to help you with this.**
3. Fill mixing bowl with cold water and place drained beans into the bowl. If using frozen beans put them in a bowl and pour boiling water on top. Set aside until cool enough to handle, then drain.
4. Slip off the greyish outer skins by grasping each bean by its grooved end and squeezing gently. The bright green inner bean should pop out the other end – nick the skin carefully with a knife if need be. Place the tender bright green beans in a bowl and discard outer skins to the compost bin.
5. Peel garlic and crush using the garlic crusher then add to the beans.
6. Zest lemons over the bean mixture and save juice for another recipe.
7. Chop mint roughly and add this to the bean mixture. Place bean mixture and all other ingredients except the water in the food processor. **Caution – sharp! Ask an adult to help you with this.**
8. Pulse to form a smooth puree. If it's too thick thin with a little water and pulse again.
9. Carefully scrape into a bowl and taste for seasoning. **Caution – sharp! Ask an adult to help you with this.**
10. Divide among serving bowls and serve with flatbread, crunchy pita or crudité (vege sticks).

Notes:

- Fresh or frozen peas can be substituted for the broad beans, or used to bulk out the amount.
- You can leave out the olive oil, but it does give a lovely rich flavour. You can replace with yoghurt, cream cheese or sour cream.
- Broad Bean Smash can be served on bruschetta or piled on crisp bread.

To make bruschetta: slice ciabatta bread or French stick into 1 cm thick pieces and place on oven trays. Place bread under grill and toast both sides of the bread till golden brown. Remove toasted bread from oven and allow to cool. Drizzle each slice of bread with about 1 tsp of olive oil then top with Broad Bean Smash!

Skills:

- Blanching, peeling, blending, **pureeing***

* Puree: to blend, sieve or finely mash fruit & vegetables to give smooth consistency