

Broad Bean Hummus

Preparation time: 30 min

Cooking time: 5 min

Ingredients

- 550g podded beans (approx 1375g of mature beans in their pods)
- 3 tbsp lemon juice
- 1 garlic clove
- $\frac{1}{2}$ level tsp salt
- about 12 fresh mint leaves
- 1 tbsp olive oil

Method

1. Boil a pot of water on the stove. Put podded beans into boiling water and simmer for about 5 minutes. Test one to make sure the inside is cooked.
2. While the beans are cooking, prepare a big bowl of cold tap water. As soon as the beans are ready, drain them and then plunge them into the cold water. This helps ensure that the beans keep their vibrant colour.
3. Shell the beans (ie remove the outer shell) by making a tiny cut at the top of the bean and squeezing the inside out. This should make about 400g of shelled beans)
4. Put the garlic and mint leaves in the food processor and whizz.
5. Add the shelled beans, lemon juice, salt and olive oil, and whizz.
6. As the processor is churning the mixture, you **may** need to add a little water to ensure it mixes into a smooth paste.
7. Taste and adjust seasoning if necessary.