

# Broad Bean Dip

**Season:** Spring

**Serves:** 30 tastes in the classroom  
or 6 at home

**Fresh from the garden:** broad beans, herbs, garlic, lemon

You should have forests of broad beans growing in your garden in spring – it's one of the best things about the season! When you have lots and lots, try this easy broad bean dip with flatbread wedges or chopped raw vegetables.

## Equipment:

metric scales and spoons  
saucepan  
clean tea towel  
chopping board  
cook's knife  
citrus juicer  
mortar and pestle

## Ingredients:

2 kg broad beans (in pods)  
juice of 1 lemon  
1 handful of mixed herbs  
2 garlic cloves, finely chopped  
1 tbsp olive oil  
salt  
freshly ground black pepper



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Pod the broad beans.
3. Boil the beans in water for 15 minutes, until tender.
4. Drain and peel the cooked beans.
5. Add the beans to the mortar with the lemon juice, herbs, garlic, oil and a pinch of salt and pepper. Pound to a smooth paste with the pestle.
6. Taste for salt and pepper and season if necessary.

