

Moroccan broad bean dip



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Preparation: about 40 mins Cooking: about 10 mins Makes: 1¹/₂ cups

Ingredients:

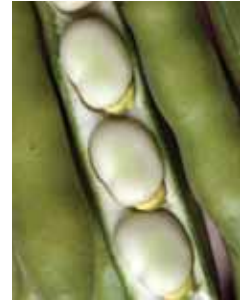
- 1 kg broad beans, podded (yielding 400g beans)
- 1 garlic clove, crushed
- 2 tbs lemon juice
- ³/₄ tsp ground cumin
- ¹/₄ cup extra virgin olive oil
- salt and ground black pepper
- pinch cayenne pepper or to taste

To serve:

- extra virgin olive oil
- ground paprika
- 2 tbs roughly chopped flat-leaf parsley leaves
- grilled Lebanese or Turkish bread
- black olives

Method:

1. Plunge podded broad beans in a large saucepan of boiling water and cook over high heat for 10 minutes or until tender. Drain, reserving ¹/₄ cup cooking liquid. Refresh broad beans in cold water and peel to remove their leathery skins.
2. Place peeled broad beans, reserved cooking liquid, garlic, lemon juice and cumin in a food processor or blender. Process or blend until smooth. Gradually add oil, processing or blending until smooth (if mixture is too thick add extra oil). Season with salt, pepper and cayenne pepper to taste
3. To serve, spoon broad bean dip into a shallow serving plate. Drizzle with a little extra virgin olive oil and sprinkle with paprika and chopped flat-leaf parsley. Serve with grilled Lebanese or Turkish bread and black olives.



Broad beans:

- A very good source of dietary fibre, which helps keep the intestine healthy
- Like many beans, broad beans provide protein with 100g having about as much protein as an egg
- A good source of niacin (vitamin B3) which is essential for cells to use energy to repair any wear and tear.
- One of the richest food sources of pantothenic acid (vitamin B5), which is vital for nerve cells.