

Broad bean & spinach dip



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Preparation 30 mins | Cooking 5 mins | Makes 1¾ cups

1 kg broad beans, podded (yielding about 400g podded beans)
100g baby spinach leaves
¼ cup mint leaves
1 garlic clove, crushed
2 tbs lemon juice
1 tsp ground cumin
¼ cup extra virgin olive oil + extra to serve
grilled Lebanese flatbread, to serve

STEP 1 Plunge podded broad beans into a large saucepan of boiling water, return to the boil and cook for 2-3 minutes until tender. Drain and refresh broad beans in cold water. Place into a food processor.

STEP 2 Place spinach in a heatproof bowl. Pour over boiling water to cover and stand for 10 seconds. Drain, rinse in cold water and drain well then squeeze to remove excess moisture.

STEP 3 Add spinach, mint, garlic, lemon juice and cumin to broad beans in processor. Process mixture, gradually adding the oil through the feed tube, until at desired consistency. Season with salt and pepper to taste.

STEP 4 Spoon the dip into a serving bowl. Drizzle with extra oil and serve with grilled Lebanese flatbread.

Good for you... **BROAD BEANS**

A source of protein and iron, making them especially valuable for those who choose a vegetarian diet. A good source of B vitamins, including thiamin (vitamin B1), riboflavin (vitamin B2) and niacin (vitamin B3), all of which are used in the body's production of energy from proteins, fats and carbohydrates. A good source of vitamin C which is important for the normal functioning of the body's immune system.

