

## Broad bean, mint & goat's feta toasts



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Preparation 45 mins | Cooking 3 mins | Serves 4-6 as a starter

- 1 kg broad beans (yielding about 400g beans)
- 1 tbs extra virgin olive oil + extra to serve
- 2 tbs mint leaves, chopped
- 150g marinated goat's feta, drained and roughly mashed
- 6 thin slices sourdough bread, cut on the diagonal
- Olive oil cooking spray
- 2 garlic cloves, halved lengthways

**STEP 1** Peel broad beans and discard pods. Plunge the broad beans into a small saucepan of boiling water and cook for 3 minutes. Drain then refresh in cold water. Peel broad beans, discarding outer skin.

**STEP 2** Place half the peeled broad beans into a medium bowl. Drizzle with oil and season with pepper. Roughly mash. Stir through remaining broad beans and mint. Spoon into a serving bowl. Place feta in a small serving bowl. Set aside.

**STEP 3** Spray both sides of bread with oil and rub with cut-side of garlic. Char-grill or grill bread until golden and crisp. Serve char-grilled bread with broad bean mixture and feta. Drizzle with extra virgin olive oil to serve.

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

*Like many beans, broad beans are a source of protein and iron, making them especially valuable for those who do not eat meat.*

