

# Broad beans with mint, feta & pancetta



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**Preparation:** about 25 minutes  
**Cooking:** about 10 minutes  
**Serves:** 4 as a side dish

1.5 kgs broad beans, shelled  
Olive oil cooking spray  
125g sliced pancetta, chopped  
80g Greek feta cheese, crumbled  
¼ cup mint leaves, roughly chopped  
2 tbs extra virgin olive oil  
1 tbs lemon juice  
Salt and ground black pepper

1. Bring a medium frying pan of water to the boil over high heat. Add shelled? broad beans and cook for 2 minutes. Drain and refresh in cold water. Peel beans to remove outer skin. Place beans in a large bowl.
2. Wipe frying pan clean with paper towel and grease with oil spray. Heat over medium-high heat. Add pancetta and cook, stirring often, for 4–5 minutes or until crisp. Drain on paper towel.
3. Add pancetta, feta and mint to broad beans. Drizzle with extra virgin olive oil and lemon juice. Season with salt and pepper to combine. Toss gently to combine and serve.



### 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.
- A good source of B vitamins, including thiamin (vitamin B1), riboflavin (vitamin B2) and niacin (vitamin B3), all of which are for cells to use the energy provided by proteins, fats and carbohydrates.
- One of the richest food sources of pantothenic acid (vitamin B5), which helps impulses pass along nerves and muscles.
- A very good source of vitamin C which the body needs for protection against infections.
- A good source of folate, a B complex vitamin that is especially important in the early weeks of pregnancy and is also important for heart health.