

Moroccan broad bean dip



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Preparation 40 mins | Cooking 5 mins | Makes 1½ cups

1 kg broad beans, podded (yielding about 500g podded beans)
1 garlic cloves, crushed
2 tbs lemon juice
¼ tsp ground cumin
¼ cup extra virgin olive oil + extra for drizzling
Small mint leaves and grissini and/or char-grilled Turkish bread, to serve

STEP 1 Bring a medium saucepan of water to the boil over high heat. Plunge podded broad beans into the saucepan and cook for 2 minutes. Drain, reserving ¼ cup cooking water. Refresh broad beans in cold water and peel to remove the leathery skins.

STEP 2 Place half of the peeled broad beans, the reserved cooking water, garlic, lemon juice and cumin in a food processor. Process until smooth. Gradually add the ¼ cup oil, processing until smooth. Add remaining broad beans and pulse until roughly chopped (if texture is too thick add a little more extra virgin olive oil). Season with salt and pepper to taste.

STEP 3 To serve, spoon broad bean dip onto a shallow serving plate. Drizzle with extra virgin olive oil and sprinkle with mint. Serve with grissini and/or char-grilled Turkish bread.

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.

