Broad Bean Dip

Fresh from the garden: broad beans, garlic, lemon, mixed soft-leaved herbs

You should have forests of broad beans growing in your garden in spring – it’s one of the best things about the season! When you have lots and lots, try this easy broad bean dip with flatbread wedges or chopped raw vegetables.

Equipment:
- metric measuring scales and spoons
- clean tea towel
- chopping board
- cook’s knife
- citrus juicer
- saucepan
- colander
- mortar and pestle
- spatula
- serving bowl

Ingredients:
- 2 kg broad beans (in pods)
- juice of a lemon
- 1 handful of mixed soft-leaved herbs
- 2 garlic cloves, peeled and finely chopped
- 1 tbsp olive oil
- salt, to taste
- freshly ground black pepper, to taste

What to do:
1. Put a saucepan of water on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Pod the broad beans.
4. Boil the beans in water for 5 minutes, until tender.
5. Drain and peel the cooked beans.
6. Add the beans to the mortar with the lemon juice, herbs, garlic, oil and a pinch of salt and pepper. Pound to a smooth paste with the pestle.
7. Taste for salt and pepper and season if necessary.
8. Using the spatula, scrape the dip into the serving bowl.