



# Broad Bean Dip

**Season:** Spring

**Serves:** 30 tastes in the classroom  
or 6 at home

**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.

