

BORAD BEAN HUMMUS

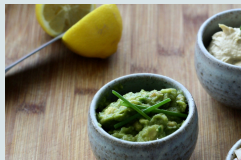
POLLIN8



INGREDIENTS

Serves 4

400g shelled broad beans
1 garlic clove
3 tbsp rapeseed or extra virgin olive oil
A generous squeeze of lemon juice
Sea salt and black pepper to season



METHOD

1. Put the broad beans in a pan of water and bring to the boil. Lower the heat and simmer for 5-10 minutes until tender.
2. Drain and set aside your beans to cool, then pop the beans out of their skins.
3. Put the skinned broad beans into a food processor or blender with your garlic, oil, lemon juice and some salt and pepper. Process to a thick, slightly course puree. If it looks too thick or a little dry, add a touch more oil.
4. When you're happy with the texture, transfer your hummus to a bowl and season with more salt and pepper if needed.
5. Serve with crusty bread or veggie sticks to dip!

The flowers of broad beans are loved by long-tongued bumblebees, like the Garden bumblebee. The flowers are a great source of nectar in spring through to summer.

