



Broad Bean & Mint Dip

Ingredients:

- 1kg broad beans or 300g frozen broad beans
- 1 lemon, juiced
- 20 mint leaves
- 115g olive oil (approx 1/2 cup)
- 1 teaspoon Urban Forager Vegetable Stock Concentrate
- To serve:
- toasted, thinly sliced sourdough
- goats chevre
- mint leaves, extra
- fresh wild fennel seeds and/or fronds (optional)

Instructions:

- Pod the beans then place in boiling water for 3-5 mins (young beans will need less cooking time)
- Strain and plunge into iced water
- When cool, peel outer the tougher skin off the bean, revealing the soft, bright green inner. This should give about 300g of beans
- Combine beans, juice, mint, oil and stock concentrate in a high powered blender. Process till smooth
- To serve:
- Spread a generous amount of dip on toast
- Sprinkle chevre over dip
- Top with extra mint leaves, fennel seeds and fennel fronds

Tips:

Can be made ahead and frozen for 7 months so great for last minute entertaining.



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