



Recipe of the Week

FAST BROAD BEAN IDEAS

With broad beans about to come onstream in all their deliciousness, here are a few ideas for making the most of them

- Mash cooked broad beans with a little extra virgin olive oil. Pile onto slices of grilled ciabatta and top with goat's cheese and shredded mint.
- Roughly mash cooked beans with extra virgin olive oil, then spread on a pizza base, top with fresh mozzarella and heat under a hot grill for two minutes. Serve with a side of chunky tomato salsa.
- Not such a fast idea, but a good option for surplus beans – dry them. Dehydrated, salted beans make a nutritious snack. If you don't have an actual dehydrator, simply lay the beans out on a tray, season well and bake in a 50 degree oven until crunchy. Broad beans take flavourings well when dried, so try your favourites, such as chilli, horseradish, wasabi or Indian spices.