

Broad Bean Hummus

Our broad beans are gorgeous right now: the pods have swelled despite the dry weather, and the beans inside are lovely and tender. You can eat them like sweets, raw; or steam or blanch for a few minutes. They make a nice partner with mint, spring onions and yoghurt for dips too; or try out this more substantial hummus for a sandwich-filler or salad staple (you could also add some chopped spring onions on top when serving). Use a good quality extra virgin olive oil (such as those for sale in the shop), and you'll really notice the difference. We also sell both tahini and tinned and dried chickpeas in the shop now, so let us know if you'd like some in your next box.

Makes a generous bowlful

- 450g broad beans
- 1 tin chickpeas
- 1 clove garlic, crushed
- 2 tbsp tahini
- 1 tbsp lemon juice
- ½ tsp salt
- pinch ground cumin
- pinch white pepper
- pinch paprika
- 5 tbsp olive oil



SXC

Boil the podded beans in a pan of salted water for a couple of minutes until tender. Drain and refresh in cold water. Once cool, take off the loose white outer skin to leave the green sweet beans within. Blend with the drained chickpeas (keep a little of the liquid to help with the blending), garlic, tahini, lemon juice, salt, cumin, pepper and a pinch of sugar (if desired). Slowly drizzle in the oil as the mixture blends, to prevent the hummus splitting. Serve in a large bowl with a sprinkle of paprika over the top, warmed pitta bread and an extra drizzle of oil.



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