



Smashed Broad Bean & Feta Bruschetta

What to collect

Ingredients	Equipment
400g broad beans	saucepan
1 tablespoon fresh mint, finely chopped	mortar & pestle
1 clove garlic, skin removed	chopping board
zest of ½ lemon	knife
2 tablespoons extra virgin olive oil	zester
130g feta cheese, crumbled	metric measuring spoons
4 slices sourdough bread	scales

What to do

1. Bring a saucepan of water to the boil. Add broad beans and cook for 2 minutes. Drain & refresh under cold water. Remove the outer skin from the beans and discard.
2. Place the garlic in a large pestle & mortar and smash to a pulp, then add the beans and olive oil and continue to smash into a rough paste.
3. Add feta, mint & lemon zest. Season with black pepper.
4. Heat a griddle pan until hot and toast bread slices on each side until bar marked and golden.
5. Serve the broad beans piled onto the toast with a good drizzle of olive oil.