

# GARLIC BROAD BEANS



*Serves 2*



*15 mintues*



*Winter*



*Broad Beans*



## INGREDIENTS:

- 2 cups fresh broad beans (podded)
- 1½ tablespoons olive oil
- 2 garlic cloves (sliced or chopped)
- Zest of ½ lemon
- Juice of ½ lemon
- Salt and pepper
- ¼ cup crumbled feta
- Optional: chopped parsley, mint, or toasted almonds



## METHOD:

1. Boil water in a saucepan.
2. Add broad beans and cook on high heat for 2–3 minutes until soft.
3. Remove beans from the heat. Drain and rinse under cold water and set aside.
4. Heat olive oil in a pan over medium heat.
5. Add garlic and cook for 1–2 minutes until fragrant (not browned).
6. Add the cooked beans to the pan. Stir to coat them in the oil and garlic. Cook for another 2–3 minutes until warmed through.
7. Mix in lemon zest and juice. Add salt and pepper to taste.
8. Remove from the heat and sprinkle over crumbled feta.

## SERVING IDEAS:

- Serve on sourdough with a poached egg.
- Toss through cooked pasta.
- Blend into a dip to serve with veggie sticks or crackers.

## TIPS:

- You can swap feta for ½ cup of ricotta and blend for a smooth, rich consistency.
- Overcooked beans can become mushy, so cook only until lightly softened.
- You can use frozen beans; just defrost them or cook for an extra 2 minutes.
- Garlic peels and lemon rinds can go in the compost bin.
- Any leftover lemon can be cut into quarters and frozen for later use.

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*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*