

Smashed broad bean bruschetta **V**



○ 400g fresh broad beans
(or use The Co-operative frozen
broad beans)

○ 1 garlic clove, skin removed

○ 2tbsp extra-virgin olive oil

○ 1tbsp fresh mint, finely chopped

○ 1tbsp lemon zest, finely grated

○ 1tsp green chilli, finely chopped

○ black pepper

○ 4 slices The Co-operative organic
white bloomer

○ 25g mustard cress

1 Bring a large pan of water to the boil. Add the broad beans and cook for 2 mins. Drain and rinse under cold water.

2 Remove the outer skins from the beans and discard. Put the garlic clove in a large pestle and mortar and smash until puréed. Add the broad beans and continue to smash into a rough purée with the olive

oil. (Alternatively, you can use the back of a fork or a potato masher.)

3 Add the mint, lemon zest and chilli and stir until combined. Season with black pepper.

4 Toast the bread slices, then pile the broad bean mixture on top and scatter the cress over.

Calories 243	Fat 8.9g	Sat Fat 1g	Sugars 2.7g	Salt 0.7g
approx. per serving				
✓ 1 of your 5-a-day				

The **co-operative**
good with food