



Peterborough
Environment City Trust



Peterborough Community Services
Health and Social Care

Broad Beans on Toast

Serves 4

Ingredients

- 500g peas in their pods (about 150g shelled weight)
- 700g broad beans in their pods (about 250g shelled weight)
- Small bunch of fresh mint leaves
- Sea salt and freshly ground black pepper
- Extra virgin olive oil
- 50g finely grated fresh pecorino cheese
- Juice of 1 lemon
- 4 slices of wholemeal bread
- 1 clove of garlic, unpeeled, cut in half

Method

1. Boil the broad beans for 30 seconds, drain, and pop them out of their shells whilst still warm.
2. Boil the peas for 3 minutes.
3. Place the beans and peas into a bowl and add the mint, salt and pepper, olive oil, cheese and lemon juice. Blend in a food processor or by using an alternative.
4. Toast the bread and then rub the garlic clove all over it.
5. Place the bean mixture on the bread.

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