

## Broad Bean Dip

2 ½ cups fresh or frozen broad beans

1-2 Tbsp olive oil

1 Large red onion, diced

1 Large tomato, diced

1 tsp ground Cumin

½ bunch of fresh parsley chopped

4 Tbsp lemon juice

Salt and pepper to taste

### Method:

Place beans in stock pot and add just enough water to cover.  
Bring to the boil.

When beans are tender (5 – 10 mins) drain off half the water.

Return beans to the pot, mash the beans and add remaining ingredients.

Bring the mixture to a boil then reduce heat and cook gently for 5 mins until desired consistency is reached.

Serve with pita bread or nacho chips.