



LUSATORI



BROAD BEAN SMASH

INGREDIENTS

5 cups	Broad beans, de-podded (approx 1 kg frozen or 5kg fresh in their pods)
3 cloves	New Zealand Garlic, crushed or chopped finely
2	Lemons, finely grated zest
1 Tbsp	Mint leaves, finely chopped
1/4 cup	Lusatori Extra Virgin Olive Oil – Over the Creek
1/2 cup	Romano cheese, grated
	Salt & pepper to taste
1 - 2 Tbsp	Water

METHOD

Remove the outer grey skins from the beans – either by boiling for 2 minutes if using fresh or covering with boiling water if using frozen.

Discard the skins.

Puree the beans.

Add all other ingredients, except the water, and pulse to form a thick puree. If mix is too thick add the water.

Can be eaten either hot or cold – just heat through in a saucepan stirring regularly if required.

We recommend organic, free range, local produce or fair trade wherever possible

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