

Broad Bean Salad

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broad beans, lemon, mint

Equipment:

medium saucepan
metric measuring scales and spoon
clean tea towel
chopping board
cook's knife
zester
citrus juicer
colander
small jug
whisk
large bowl
serving platters

salad spinner
roasting dish

Ingredients:

1 kg broad beans, podded
zest and juice of a lemon
2 tbsp extra-virgin olive oil
pepper, to taste
1 large handful of mint, finely chopped
100 g feta, crumbled
1 large bowl mixed salad leaves, washed and dried
1 bunch baby beetroot, roasted
1 bunch baby carrots, roasted

What to do:

1. Fill the medium saucepan with water and put it on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cook the beans in the boiling water for 5 minutes or until just tender.
4. Tip the cooked broad beans into the colander, refresh them under cold running water and drain.
5. Peel and discard the skins (double pod).
6. Whisk together the lemon juice and oil in the small jug.
7. Season with pepper.
8. Combine the broad beans, lemon zest, mint *lettuce, carrot + beetroot* and feta in the large bowl and toss.
9. Divide among platters, and drizzle the dressing over the salad just before serving.

