

Spring broad bean salad

Difficulty: Easy

Type: Salad

Allergy advice: Fructose

Source: Adapted from SAKG

Season: Spring

Serves: 30 tastes

From the garden: Broad beans, snow peas, broccoli

<u>Equipment</u>	<u>Ingredients</u>
Medium saucepan	1 garlic clove, crushed
Small saucepan	3 cups broad beans, podded
Medium sized mixing bowl	1 ½ cups of broccoli cut into small florets
Wooden spoon	Zest and juice of a lemon
2 colanders	2 Tbsp. extra virgin olive oil
small jug	1 small handful of mint finely chopped
Fork for whisking	1 Small handful of snow peas, washed and ends removed
Citrus juicer and zester	2 handfuls of mixed salad leaves, washed
Measuring cups and spoons	Salt and pepper to taste
Chopping boards and mats	
Cooks knives	
Serving bowls or platters	

What to do:

1. Fill both the medium and small saucepans with water to half and put them on to boil.
2. Prepare all of the ingredients as per the instructions in the ingredients list.
3. Place the podded beans into the medium saucepan and the broccoli into the small saucepan and cook. Boil the beans for about 5 minutes and the broccoli till just tender, this may only take a minute or two.
4. When cooked tip the beans and the broccoli into separate colanders and drain. Now refresh them under cold water.
5. Peel and discard the skins from the broad beans.
6. Whisk the lemon zest, juice, oil and garlic in a small jug, season with salt and pepper.
7. Combine the broad beans, broccoli, mint, snow peas and dressing in a bowl and stir to combine.
8. Arrange the washed salad leaves and snow peas in the serving bowls and spoon an even amount of broad beans and broccoli into each bowl, making sure all of the salads are dressed.

