

Creamy white bean and lemon dip



Ingredients

- 1x 420g tin cannellini beans
- ½ tsp finely grated lemon rind
- 1 tbsp lemon juice
- ½ tsp salt
- 1 small garlic clove, crushed
- 1.5 tbsp finely chopped fresh herbs, such as thyme, parsley, or dill, plus extra to garnish
- 2 tbsp olive oil

Equipment Needed

- Chopping board and non-slip mat
- Knife
- Sieve
- Food processor
- Garlic crusher
- Microplane grater
- Citrus juicer
- Measuring cups and spoons
- 4 very small serving bowls

Method:

- Drain the tin of beans, reserving 2 tbsp of the liquid.
- Use the microplane grater to finely grate the lemon rind.
- Cut the lemon in half, then use the citrus juicer to squeeze the juice out.
- Crush the garlic clove in the crusher.
- Wash herbs if needed, then remove the leaves from the tough stems. Finely chop the leaves.

Now ask an adult to help with the food processor.

- Place into the food processor: cannellini beans, lemon rind, lemon juice, crushed garlic, chopped herbs, salt, and olive oil.
- Process until smooth and combined. Add 1-2 tbsp of the reserved bean liquid if mixture is too thick.
- Taste, and add more salt or lemon juice if needed.

To serve:

- Divide dip into 4 very small serving bowls. Garnish with a tiny drizzle of olive oil on top, and a little sprinkle of herbs.
- Use small teaspoons to serve.

Don't forget to clean up! 😊