

# 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

## 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  
50 g feta, crumbled

## 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 and feta in the large bowl and toss.
9. Divide among platters, and drizzle the dressing over the salad just before serving.

