Broad Bean Dip recipe

Ingredients:

- 600g broad beans (fresh or frozen)
  - 60ml (1/4 cup) olive oil
  - 3 cloves of garlic
  - 1 brown onion, chopped
  - 185ml (3/4 cup) water
  - 90g (1/3 cup) natural yoghurt
  - 2 1/2 tsp fresh lemon juice
  - 2 tsp caster sugar
  - 1/4 cup chopped fresh mint
  - salt and pepper to taste

Method:

If using frozen beans, thaw broad beans in hot water for 4 minutes. Peel and discard skins. Heat olive oil in a saucepan over medium heat. Cook onion and garlic, stirring, for 5 minutes or until soft. Add broad beans and water. Bring to a simmer. Cook, covered, for 5 minutes or until beans are tender. Set aside to cool. Transfer to a food processor. Add natural yoghurt, lemon juice and sugar and process until smooth. Stir in mint and salt and pepper as desired. We enjoyed the dip with rice crackers and carrot sticks!