

MOROCCAN-STYLE BROAD BEANS

Equipment needed –

Small knives chopping boards, measuring spoons, frying pan, colander, saucepan and 3 serving bowls.

Ingredients from the Garden –

- 800 grams of broad beans
- 10 spring onions
- 2 tablespoons of chopped coriander
- 2 teaspoons of fresh chopped mint

Ingredients from the Pantry –

- 2 ½ tablespoons of butter
- 2 teaspoons of ground cumin
- 4 teaspoons of olive oil
- salt

What to do –

1. Cook the broad beans in water for about 5 minutes or until tender.
2. Carefully drain in a colander over the sink. Rinse well with cold water.
3. Meanwhile, wash pick and finely chop the coriander and set aside.
4. Wash, pick and finely chop the mint leaves and set aside.
5. Wash and finely chop the spring onions and set aside.
6. Once the broad beans are cool enough to handle, peel away the outer skin so that you are left with the bright green bean.
7. Measure out the butter and melt in the frying pan. Add the spring and gently fry for 3-4 minutes.
8. Add the broad beans and then stir in the coriander, mint, cumin and a pinch of salt.
9. Stir in the olive oil then divide the mixture evenly amongst 3 serving bowls and serve.

Serves –

- 28 students.