

Broadbean and ricotta smash

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 2 cups of broadbeans, podded
- 1 cup frozen peas
- 1 small red onion, finely chopped
- 1 tablespoon Balsamic vinegar
- 2 teaspoons olive oil
- 1/3 cup fresh mint
- 100g ricotta cheese
- Salt/pepper, to taste

Equipment:

- Metric measuring cups and spoons
- 2 Medium saucepans
- Colander
- Chopping board
- Cook's knife
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Method:

1. Half-fill a medium saucepan with water and bring to the boil. Carefully place broadbeans in boiling water and cook for five minutes until tender.
2. Drain broadbeans using a colander and refresh under cold water. Peel and discard broadbeans outer skin.
3. Half-fill another saucepan with water and bring to the boil. Cook peas in boiling water for 3-5 minutes. Drain with a colander and allow to cool.
4. Place cooked broadbeans and peas in a food processor and process until coarsely chopped.
5. Add onion, vinegar, oil and mint to the mix and process until finely chopped.
6. Add ricotta and pulse until just combined.
7. Season with salt and pepper to taste.
8. Place mix in a serving bowl and garnish with a drizzle of olive oil and fresh mint sprigs.
9. Serve with freshly made tortillas.