

AVOCADO & BROAD BEAN DIP



Prep and cook time: 8 minutes

Ingredients

- 200g broad beans, shelled, fresh or frozen. These can be found in the frozen section of most supermarkets. Buy pre-shelled beans to save time.
- 1 medium avocado
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 garlic clove, crushed
- 2 teaspoons parsley, finely chopped

Method

1. Place beans in a heatproof bowl and cover with water. Microwave on high for 2 minutes. Drain.
2. Add beans, avocado, olive oil, lemon juice, garlic and parsley to a food processor and blend until smooth. If the consistency is too thick, add a little water.
3. Transfer to a container or bowl and refrigerate until ready to serve.

Lunchbox tip: Add avocado and broad bean dip to the lunchbox with raw vegetable sticks or wholegrain crackers.

