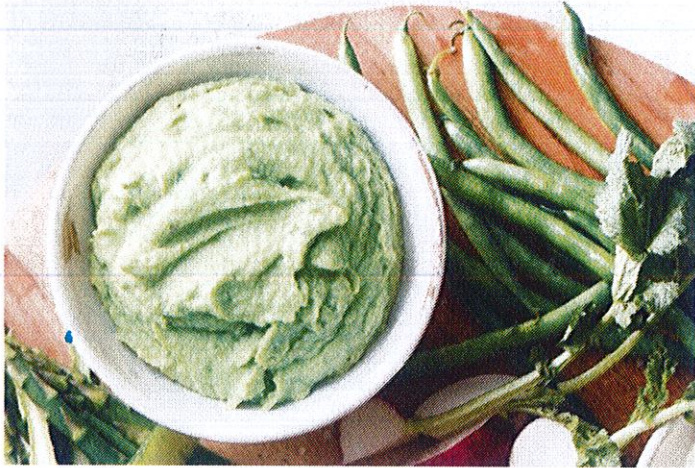


Broad bean, avocado and mint dip



★★★★★

0:10 Prep • 0:05 Cook • 8 Servings • Capable cooks

This mint, avocado and broad bean dip will have your guests raving about your dinner party. Mint gives this quick snack a freshness that is perfect with raw veggies.

INGREDIENTS

- 2 cups frozen broad beans
- 1/4 cup smooth ricotta
- 1/4 cup finely grated parmesan
- 1 avocado, roughly chopped
- 2 tablespoons roughly chopped fresh mint leaves
- 2 tablespoons lemon juice
- 1 teaspoon sea salt

METHOD

- Step 1** Cook broad beans following packet directions. Drain well. Peel and discard skins. Set aside to cool completely.
- Step 2** Place broad beans, ricotta, parmesan, avocado, mint, lemon juice and salt in a food processor or blender. Season with pepper. Process until smooth and combined. Serve.