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BROAD BEAN, RICOTTA AND MINT BRUSCHETTA

Written by The Good Housekeeping Cookery Team | May 17, 2010 11:28:00 AM

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TRIPLE TESTED RECIPES

COOKING INFO

Hands on time:
30 mins
Cook time:
10 mins
Serves 6

PER SERVING

Calories: 385
Total fat: 18g
Saturated fat 5g
Total carbs: 43g
Sugars 4g

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Treat your guests to a DIY starter: lay everything on a platter and let people help themselves

INGREDIENTS

- 500g (1lb 2oz) podded broad beans
- Large handful of mint
- 3-4tbsp extra virgin olive oil, plus extra for brushing and drizzling
- 1 red chilli, deseeded and finely chopped
- Squeeze of lemon juice

Make broad bean purée the day before. Cover and chill. To serve, give the purée a good stir, then complete the recipe.

- 12 small ciabatta bread or baguette slices
- 1/2 garlic clove
- 250g (9oz) ricotta
- Parmesan shavings and rocket to serve

METHOD

- 1** Bring a pan of salted water to the boil. Cook broad beans with mint stalks (set aside leaves for later) for 3-4min. Drain and cool under cold running water. Pop beans out of their skins; discard skins and mint stalks.
- 2** Whiz beans in a processor with the mint leaves to a coarse texture. Gradually add oil. Transfer to a bowl, stir in the chilli, then season to taste with lemon juice, salt and freshly ground black pepper.
- 3** Heat a griddle pan. Brush bread slices with olive oil and griddle on each side until golden. Alternatively, toast the slices, without brushing with oil first. While the bread is still warm, rub with the cut side of the raw garlic clove. Set aside.
- 4** Spoon ricotta and bean purée into separate bowls. Arrange on a platter with the toast, parmesan, rocket and some olive oil for drizzling. Take to the table.

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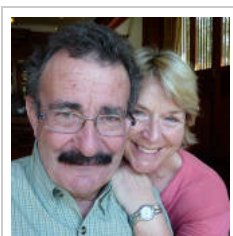
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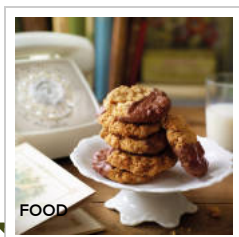
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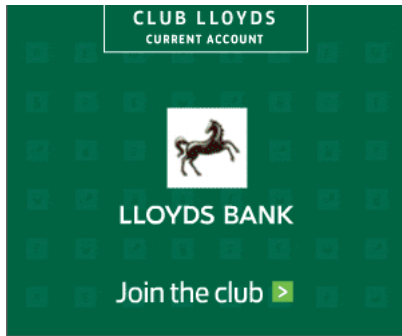


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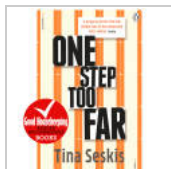
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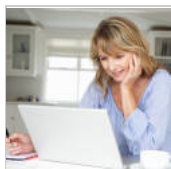


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