



Moreish Beany Dip

The dip is so versatile it can be served with salad, potato wedges or as a dip on oat cakes or crackers. It is also super quick to make.

You will need:

Potato masher
Medium size bowl
Sieve
Spoon

Ingredients:

400g can of cannellini beans.
Grated rind and juice of one lemon.
Two tablespoons of olive oil.
One clove of garlic, finely chopped.
Two tablespoons of finely chopped fresh parsley.
Tabasco sauce, black pepper and cayenne pepper to taste.
A pinch of salt.

Method:

- 1: drain the cannellini beans in a sieve and rinse well. Transfer to a bowl.
- 2: Use a potato masher to roughly puree the beans and then add the olive oil and lemon juice and rind.
- 3: Stir in the garlic and parsley. Add Tabasco sauce and salt and black pepper to taste.
- 4: Spoon the dip into a bowl and dust lightly with cayenne pepper. Chill until ready to serve.

Serves four

Tip:

You can also use other beans for this dip such as kidney or butter beans.

