

# SMASHED BROAD BEAN, AVOCADO, MINT AND FETA

HEALTHY



Makes 1 1/2 cups



Prep Time 15 minutes



Cook Time 5 minutes



## INGREDIENTS

- 500g bag **Wattie's Frozen Broad Beans**
- 1 ripe avocado
- Juice from ½ lemon to taste
- 75g creamy feta, crumbed
- Handful fresh mint leaves, chopped

## METHOD

1. Plunge the **Wattie's Broad Beans** into boiling water. Return to the boil and then simmer for 2 minutes. Drain and rinse in cold water. Squeeze the small green beans from their skins, discarding the skins.
3. Mash the beans with a fork. Mash the flesh of the avocado with a fork and add

to the broad beans, with the lemon juice, crumbled feta and mint. Mix well. Season with black pepper.

4. Serve on toasted ciabatta bread.

## TIPS

- Place a slice of prosciutto on the ciabatta before topping with the spread.
- Spoon onto toasted ciabatta and garnish with cooked prawns and a little mayonnaise.
- For something different, try using **Wattie's Frozen Baby Peas** instead of **Broad Beans**.