

ROASTED BROAD BEANS

Serves 2

INGREDIENTS:

175g broad beans - double podded

¼ tbsp olive oil

¼ tsp salt

Black pepper

DIRECTIONS

Pre-heat the oven to 180°C.

Lay your broad beans on a baking sheet. Drizzle over the olive oil, salt and grind of pepper. You can also add any other herbs or spices at this stage too if you like!

Gently massage the oil and seasoning into the beans with your fingers. The beans should begin to split down the middle.

Roast the beans in the oven for around 40 minutes until crispy, turn them around half way.

The beans should keep in an airtight container for up to 4 days. Don't keep them in the fridge as they will lose their crunch!

Enjoy these as a delicious snack or as a crispy salad topper!