GREEK-STYLE BROAD BEANS WITH TOMATOES & OLIVE OIL

Serves 2

INGREDIENTS:

750g broad beans in the pod
1 onion
300g new potatoes
2 garlic cloves
A large handful of flat-leaf parsley
400g vine tomatoes
100ml extra virgin olive oil, plus extra to serve
1 tbsp tomato purée
120g feta
Toasted pitta breads, to serve (optional)

DIRECTIONS

Put a small pan of water on to boil. Pod the broad beans and, when the water is boiling, add them. Simmer for 3-4 minutes until just cooked. Drain and rinse under cold water to stop them cooking, then set aside to cool.

Peel and finely chop the onion. Scrub and dice the potatoes. Peel and grate or crush the garlic. Finely chop the parsley leaves and stalks. Quarter the tomatoes and scoop out the seeds, then coarsely grate them into a bowl, discarding the skins.

Pour the olive oil into a deep frying pan over a medium-low heat. Add the onions and potatoes and season with salt and pepper. Gently fry, stirring often, for 15 minutes until the veg have softened.

While the onions fry, pop the broad beans out of their grey skins: pinch one end of the loose skin and squeeze, and the beans should pop out. Discard the skins.

After 15 minutes, stir the garlic, most of the parsley (keeping a pinch back for garnish) and the tomato purée into the onions. Cook, stirring, for 2 minutes. Add the broad beans and grated tomatoes with 4 tbsp water. Turn the heat up and bring to the boil, then turn it down, pop on a lid and simmer for 20-25 minutes, stirring occasionally, until the beans and potatoes are very tender.

Taste the sauce and season with salt, pepper or sugar if needed. Transfer to a serving dish, crumble over the feta and drizzle with a little extra olive oil. Garnish with the remaining chopped parsley. Delicious as a side with grilled meats and fish, or as a main for two with toasted pitta breads for scooping.

SOURCE: ABELANDCOLE.CO.UK