

Pea & Broad Bean Hummus, Goat's Cheese & Sourdough



Serves 2 Prep 5 mins

Cooking 6 mins

Easy

Ingredients

150g fresh or frozen peas
150g fresh broad beans, podded
(don't remove green jackets) or use
frozen (defrosted)
2 tbsp olive or sunflower oil
1 garlic clove, peeled (optional)
zest of 1 lemon, juice of 1/2
1 tbsp extra-virgin olive oil

To serve

4 slices sourdough bread, halved
100g log soft, spreadable goat's cheese
25g bag pea shoots (or use watercress)

1. Tip the peas and beans into a large pan of salted boiling water, then cook for 3 mins. Drain, cool under cold water, then drain again thoroughly.
2. Put the 2 tbsp oil in a pan, heat gently, then add the garlic. Cook gently for 3 mins, until the oil is infused and the garlic has softened but isn't coloured. Tip the oil and garlic into a jug and cool or skip this part and just use 2 tbsp of sunflower oil.
3. Whizz the peas, beans & almost all the zest in a food processor, then trickle in the garlicky oil or just add 2 tbsp of sunflower oil. Add the garlic clove, almost all the lemon juice & 1 tbsp extra virgin olive oil. The hummus should be swirling around the bowl nicely by this point, but shouldn't be too fine in texture. Season well with salt & lots of black pepper. Add the rest of the lemon juice to taste. Spoon into a dish, swirl the top, then drizzle over the remaining extra virgin olive oil.
4. To serve, toast the bread, then spread with the goat's cheese. Dollop a good spoonful of hummus onto each piece, drizzle with a little more olive oil, scatter with the remaining zest, then grind over a little black pepper. Top with a few pea shoots.