



Hugh Fearnley-Whittingstall's Broad Beans on Toast



Incredibly simple and fabulously filling, this is a delicate and simple way to rustle up some broad beans, sparked up with bacon, fresh as you like.

What you need

Serves 2 for supper

- About a 750g freshly picked smallish broad beans
- 100 – 150g of pancetta or bacon lardons
- 1 Small bunch of spring onions
- 2 Tbls of rape seed oil
- Juice of ½ a lemon
- Salt and pepper

Directions

- Pod the beans. Put large beans in one bowl and smaller beans in another, they cook at different times.
- Bring a large pan of water to the boil.
- Add the large beans cook for 1 minute, now add the small beans.
- Cook for a further 30 seconds or until you see the skins of the larger beans just starting to split. This shouldn't take much more than 2 minutes in total.
- Drain the beans. Any thicker skinned beans can be discarded at this point by simply popping out the inner bean and just using that, although this shouldn't be necessary with very fresh beans.
- Heat a frying pan over a medium high heat. Add a small dash of oil followed by the bacon or pancetta. When it's just starting to crisp add the spring onions, cook for a further minute. At this point add the beans to the pan. Toss the pan to combine.
- Season with the lemon juice, salt and pepper. Spoon the beans along with any juice or oil over the toasted sourdough.
- Drizzle with a little more rape seed oil to serve

(recipe taken from www.rivercottage.net)

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