



SPICY BROAD BEANS WITH ARTICHOKE HEARTS, OLIVES, MINT AND LEMON ZEST

INGREDIENTS

- 450 grams of broad beans
- 1 tablespoon of olive oil,
- 1 clove of garlic, chopped fine
- 1 teaspoon of ground cumin
- 1 teaspoon of ginger, chopped fine
- 4 artichokes hearts out of can, in halves
- 1 lemon
- 1 tablespoon fresh mint, roughly chopped
- 8 black olives, in halves

DIRECTIONS

Heat the olive oil in a small pan and sauté the garlic with cumin and ginger softly for a little time till it smells delicious.

Toss the broad beans and the artichoke hearts with 2 -3 tablespoons of water and let it simmer softly for 4 - 6 minutes till the broad beans are done.

Plane with a peeler a broad strip of yellow peel of the lemon and slice it in thinly sliced strips.

Take the pan off the heat and serve the lemon peel, mint, olives and black pepper through it.

FIRST DISH/ENTRÉE/ SNACK

2 PERSONS

20 MINUTES

SEE MORE AT:

LA
COMIDA
Deliciosa

