



TANGY PARSLEY DIP



INGREDIENTS

MAKES 1 ½ cups

- 1 x 425g can cannellini beans
- 1 clove garlic
- 1 lemon
- ½ cup parsley
- 2 tbsp tahini
- 3 tbsp extra virgin olive oil, plus extra for drizzling

FROM THE GARDEN

- Parsley

EQUIPMENT

- Grater
- Citrus juicer
- Food processor
- Sharp knife
- Chopping board
- Small bowl

INSTRUCTIONS

1. Using a grater remove the rind from the lemon. Place into the bowl of the food processor. Cut the lemon in half and squeeze the juice into a small bowl.
2. Roughly chop the parsley and peel the garlic.
3. Place the beans, garlic, and parsley in the bowl of the food processor along with the lemon rind. Process until finely chopped.
4. Add 2 tablespoons lemon juice, the tahini and olive oil. Season well with salt and pepper. Process until almost smooth. Add 1-2 tablespoons of water to loosen the mix if necessary.
5. Serve in a bowl with a drizzle of olive oil.