

Nibbly Pig

Broad bean, feta and oregano salad



Broad beans best picked when they are young and tender. In a salad their sweetness can be showcased and they bring a green vibrancy to the table, enough to brighten any grey day.

In this recipe you get a delicious contrast of sweet beans combined with the saltiness of the feta cheese.

Ingredients (serves 4)

350g fresh broad beans, shelled
Juice of ½ lemon
2 tablespoons olive oil
½ red onion, finely chopped
a few sprigs of fresh oregano, leaves roughly chopped
100g Feta cheese, cubed
Salt and pepper

Method

Put beans in pan of boiling water for 3-4 minutes and cook until al dente. Drain and cover the beans with cold water to stop them cooking further.

Once cooled, drain, remove the skins and add them into a bowl. Add the lemon, oil, red onion, oregano and salt and pepper.

Mix together until the beans are well coated in the dressing and scatter over the chunks of feta.

Cooks tips

This salad is ideal served as a side with grilled fish or meat such as lamb chops. If you don't want to use your broad beans all in one go you can freeze them. You will need to shell and blanch them first in boiling water for a few minutes and drain. Once cooled they can be packaged up and popped in the freezer until you are ready to use them,

