



BROAD BEAN & MINT RISONI

Season: Spring
From the garden: Broad beans, mint, radish, lemon
Type: Salad / main
Difficulty: easy
Serves: 8 adult serves or 30 tastes
Source: Adapted from: <https://nadielim.com/recipe/broad-bean-and-mint-risoni/>

Equipment

- Large saucepan
- Medium saucepan
- Medium-sized heat-proof bowl
- Measuring cups
- Colander and large sieve
- Small bowls x2
- Large serving bowl
- Soup ladle
- Potato masher
- Garlic press
- Sharp knife
- Chef's knife
- Chopping board
- Fork
- Manual citrus juicer (optional)
- Garlic press
- Frying pan
- Wooden spoon
- Shallow dish / tray

Ingredients

- * Water and salt
- * 3 c podded broad beans
- * 500g risoni or orzo pasta
- * Juice of 1 lemon
- * 4 cloves garlic
- * A generous handful of radishes
- * 2 generous handfuls of mint leaves
- * ½ c pine nuts or pumpkin seeds
- * 3 Tbsp (plus a few drops) olive oil
- * Pinch of salt
- * 100g crumbled feta cheese OR 1 C thinly sliced parmesan cheese - *optional*
- * Additional salt and pepper to taste

Method

1. Bring one large and one medium saucepan of salted water to the boil.
2. Boil the kettle (about 4 cups full).
3. De-pod the broad beans until you have approximately 3 cup's. (Snap pods in half and run your finger or thumb through the 'furry' middle, pushing the individual beans out). Put the beans in a medium, heatproof bowl. Discard the pods.

4. **(A) Adult assistance required.** Re-boil the kettle if necessary and pour boiling water over the beans. Stand for 3 minutes then drain into a colander in the sink. Allow to cool.
5. “Shell” or “shuck” the beans (slip off the greyish outer skins): grasp each bean by its grooved end and squeeze gently. The bright green inner bean should pop out the other end. Discard the skins.
6. Once the water in the large saucepan has come to the boil, add the risoni and cook according to the packet instructions (or until al dente). **(A)** When the risoni is ready, carefully drain it through a sieve (the holes of a colander may be too big!).
7. **(A)** Once the water in the medium saucepan is boiling, put the shelled broad beans in for 1-2 minutes. **Before draining the beans, use a soup ladle to scoop out ½ cup of the cooking water and reserve it.** Put a colander in the sink and carefully drain the beans into it.
8. Cut the lemon in half and extract the juice with a juicer. Pour the juice into a large serving bowl
9. Peel and mince the garlic. Add to the bowl.
10. Add **half** of the cooked, drained broad beans to the bowl. Mash the three ingredients together using a potato masher.
11. Meanwhile, wash and trim the radishes. Slice finely. Set aside.
12. Wash and finely chop the mint leaves. Set aside.
13. Place the pumpkin seeds into a dry, unheated pan. Turn the heat to medium. Shake the pumpkin seeds evenly so that they brown up at the same rate. Stir them well with a wooden spoon every few seconds. In a minute or two you will hear them popping. Stir constantly. When about ⅓ of the pumpkin seeds are browned, turn off the heat. Stir in a few drops of olive oil and a pinch of salt. Cool them quickly by pouring them into a shallow dish.
14. Tip the cooked, drained risoni into the bowl with the mashed beans. Add the reserved ½ cup cooking water, the rest of the broad beans, mint, olive oil, sliced radish (if using).
15. Using your fingers, crumble the feta (if using) into the bowl.
16. Toss everything together and season with salt and freshly ground black pepper to taste.
17. Sprinkle the toasted pumpkin seeds on top before serving.

Notes:

- Peas can be used instead of broad beans
- This dish is also very nice topped with pieces of crispy bacon
- Al dente is Italian for ‘to the tooth’ or ‘firm to the bite’

Skills:

De-podding beans, being careful around boiling water, toasting seeds in frying pan. knife skills, mashing with a potato masher, tasting and deciding whether more of anything needs to be added.