



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

SMASHED FAVA BEANS WITH MINT



Great as a side dish or on top of a grilled baguette.



00 HR 25 MINS



Serves 2 to 4



Featuring

[Andreotti Farms](#)

INGREDIENTS

- 2 cups of shelled fava beans
- 2 teaspoons lemon juice
- 2-4 tablespoon extra virgin olive oil
- 2 teaspoon mint, minced
- Salt and pepper to taste

METHOD

Shell the fava beans, and blanch them in salted water until tender (1-2 minutes). Remove fava beans from the water and pop out the green bean from the starchy shell.

Add salt, pepper, and olive oil. Smash the beans using a mortar and pestle, or puree them in a food processor.

When the ingredients are well combined, mix in the lemon juice and mint.

Taste. Correct. Serve.