

3 DIPS

FAVA BEAN

- 340 g cooked fava beans
- 2 cloves garlic, pressed
- $\frac{1}{8}$ tsp salt
- Juice of one lemon
- $\frac{1}{2}$ tsp white wine vinegar
- 59 ml extra virgin olive oil
- Garnishes: chopped walnuts, smoked paprika, walnut or quality olive oil



1. Place the cooked **beans, garlic, salt, lemon juice, and vinegar** in the bowl of a food processor. Pulse until well-combined.
2. Continue to pulse the machine as you slowly drizzle the **olive oil** in through the lid opening. Process until smooth.
3. Transfer to a serving bowl. Garnish as desired and serve with **crusty bread or pita chips**.

**To prepare from dried beans, bring 1 cup of dried beans and 3 cups of water to a boil in a large saucepan. Once boiling, turn the heat down to low, cover, and simmer for 40 to 45 minutes until tender.*

Baba Ganoush

Smoked eggplant & tahini dip (Jamie Oliver)

Serves 10

- 3 medium eggplants
- Olive oil
- 2 cloves of garlic
- 1 T tahini (goma paste) or Greek yogurt
- ½ tsp chili powder , optional
- 1 tsp cumin
- Extra virgin olive oil
- 2 lemons



1. Preheat the oven to **180°C**.
2. On a chopping board, cut the **eggplant** in half lengthways.
3. Score the flesh sides in a crisscross pattern, making sure you don't cut through the skins.
4. Drizzle with 2 T **olive oil**, then toss to coat.
5. Arrange on a baking tray, flesh-side facing up, then bake in the oven for **around 45 minutes**, or until soft.
6. Remove from the oven, then set aside to cool.
7. Peel and roughly chop the **garlic**, then place in a food processor.
8. Add the **tahini**, **chili powder** (if using), **cumin**, **2 T extra virgin olive oil** and the **eggplant**, discarding the skin.
9. Cut the **lemons** in half. Squeeze in the juice, using your fingers to catch any seeds.
10. Secure the lid and process to a nice thick dip.
11. Taste and add a tiny pinch of **salt** and **pepper**, to taste (optional: 1 C plain Greek **yogurt**)
12. Transfer to a bowl, to serve.

Lentil

Serves 8-10

- 400 g canned or cooked lentils, rinsed and drained
- 95 g sun-dried tomatoes
- 2 tbsp tahini
- 2 tbsp water
- 1 tbsp soy sauce
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- Juice of one lemon



1. Place all the ingredients in a food processor or a blender and blend until smooth.
2. Keep the lentil dip in the fridge in a sealed container for up to a week.