

Lemon and Rosemary

White Bean Puree

Type: Starter

Serves: Makes 3 cups

Recipe source: Super Food Ideas

EQUIPMENT:	INGREDIENTS:
Chopping boards	1 tablespoon olive oil
Knives	1 small brown onion
Metric Measuring Cups & Spoons	2 celery stalks roughly chopped
Metric Jug	2 sprigs fresh rosemary
Small bowl	$\frac{1}{2}$ lemon
Medium bowl	$\frac{1}{2}$ cup chicken stock (1 teas
Vegetable peeler	chicken/vege stock and $\frac{1}{2}$ cup
Large Frypan	water)
Hand juicer	2 x 400g cannellini beans

What to do:

1. Roughly chop celery and onion
2. Crush garlic and set aside in small bowl
3. Cut use peeler to take 2 strips of lemon rind off the lemon with a vegetable peeler.
4. Cut lemon in half. Use peeler to remove two strips of rind and then juice the lemon. You will need about 2 tablespoons of juice.
5. Open cans of beans into a metal strainer over sink. Drain the juice off and rinse under the tap. Set aside over a bowl to drain.
6. Heat oil in a large frying pan over medium heat. Add onion and celery and cook stirring with silicone stirrer 6-8 minutes or until soft
7. Add rosemary, garlic and lemon rind to pan and cook for 2 minutes or until fragrant
8. Add lemon juice, chicken stock and beans to pan and bring to boil. Then reduce heat to low and simmer for 5 min. Remove from heat and cool for about 2 min
9. Remove lemon rind and rosemary with tong and put in compost
10. Add $\frac{1}{4}$ cup warm water and stir then tip bean mix into food processor
11. Add salt and pepper to taste and divide into 6 small serving bowls to share on table.
12. Serve warm with flat bread