



Beans with hummus dressing and pine nuts

Give your green beans a mediterranean gourmet twist this year with a creamy hummus dressing topped with toasted pine nuts and a dash of lemon.

500g Italian flat beans, topped

500g green beans, topped

55g (1/3 cup) @yumtee_nuts toasted pine nuts,

Sweet paprika, to serve

hummus dressing

1 x 300g can chickpeas, rinsed, drained

1 small garlic clove

125ml (1/2 cup) olive oil

60ml (1/4 cup) fresh lemon juice

2 tbsp hot water

Salt & freshly ground black pepper

Directions

Half-fill a sink with cold water. Bring a large saucepan of water to the boil. Add the flat beans and cook, uncovered, for 30 seconds (see microwave tip 1). Add the green beans and cook for a further 1 1/2 minutes or until the beans are bright green and tender crisp (see microwave tip 2).

Step 2

Use a metal sieve or a large slotted spoon to transfer the beans to a colander that is sitting over a bowl. Sit the colander in the sink of cold water for 1-2 minutes or until the vegetables are cool. Drain well and pat dry with paper towel.

Step 3

To make the hummus dressing, place the chickpeas and garlic in the bowl of a food processor and process until finely chopped. Combine the oil and lemon juice in a jug. With the motor running, add the oil mixture to the chickpea mixture, in a thin steady stream, processing until well combined and almost smooth. Add the hot water and process until combined. Transfer to a jug. Taste and season with salt and pepper.

Step 4

Spoon dressing over the beans and sprinkle with the pine nuts and paprika.