### Broad Bean Dip

#### Ingredients from garden:
- Broad Beans, frozen – 500g
- Brown Onion – 1
- Mint – ¼ cup

#### Other ingredients:
- Olive Oil – ¼ cup
- Water – ¾ cup
- Natural yoghurt – 1/3 cup
- Lemon Juice – 2 ½ tsp.
- Caster sugar – 2 tsp.

#### Equipment needed:
- Saucepan
- Bowl
- Sharp knife
- Chopping board
- Food processor
- Spoon
- Small serving bowl
- Sieve

#### Method:
1. Thaw frozen broad beans in a bowl of hot water for 4 minutes.
2. Chop onion. Set aside.
3. Finely chop mint. Set aside.
4. Peel and discard skins of broad beans.
5. Heat olive in saucepan over medium heat.
6. Cook onion, stirring, for 5 minutes or until soft.
7. Add broad beans and water. Bring to a simmer. Cook, covered, for 5 minutes or until beans are tender.
8. Set aside to cool or pour into a bowl of cold water and then strain.
9. Transfer to a food processor.
10. Add natural yoghurt, lemon juice and sugar.
12. Place into serving bowl. Stir in mint.

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Focus keeper: _______________________________________________________________

Quiet Captain: ______________________________________________________________

Material Monitor: ____________________________________________________________

Gate keeper: _______________________________________________________________