

GARDEN TO TABLE

RECIPE: White bean and lemon dip - bite.co.nz

VOLUNTEER NOTES -

- check that the children measure accurately using metric measuring spoons and cups (tsp or t = teaspoon/tbsp or T = tablespoon)
- discuss "season to taste" and oversee the children tasting and adjusting.

What to collect	Ingredients
Metric measuring spoons and cups Lemon squeezer Food processor Colander bowl Spatula grater Chopping boards Chefs knives Tasting teaspoons	400g can white beans $\frac{1}{4}$ cup extra virgin olive oil 2 cloves garlic, finely chopped 1 lemon, zest and juice $\frac{1}{4}$ cup parsley, chopped Sea salt, pinch and then to taste
1. Drain the white beans over a bowl to catch the cooking liquid. Add the beans to the bowl of the food processor along with 1 Tbsp of the drained liquid 2. Add the garlic, parsley, lemon juice, lemon zest and sea salt to the food processor and pulse until well mixed but not completely smooth 3. Check flavours and adjust with lemon juice or salt to taste. 4. Spoon the dip into bowls	