## **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	400g can white beans
Lemon squeezer	<sup>1</sup> / <sub>4</sub> cup extra virgin olive oil
Food processor	2 cloves garlic, finely chopped
Colander	1 lemon, zest and juice
bowl	<sup>1</sup> / <sub>4</sub> cup parsley, chopped
Spatula	
grater	Sea salt, pinch and then to taste
Chopping boards	
Chefs knives	
Tasting teaspoons	

- 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