

Both broad beans and rocket are coming into season right now, and while I know broad beans aren't considered at their best until later in the season, I can't resist using new produce when it becomes available at the greengrocers! I call this recipe a pesto, but it could easily be considered a hummus, it's incredibly versatile.

Rocket is a lovely peppery, and slightly bitter leaf which boasts good levels of vitamins A, C, B2, folic acid, manganese, calcium, magnesium, potassium, copper, and zinc. Whilst it is commonly thought of as a salad leaf it is in fact a member of the cruciferous vegetable family including broccoli, cabbage, and kale. As such it contains a similar selection of phytochemicals (beneficial plant chemicals) including glucosinolates, carotenes, and quercetin. Bitter leaves have long been used as a starter to wake up the digestive system before main meals.

Broad beans are a family favourite and contain good levels of folate, Vitamin B1, manganese, copper, phosphorus, magnesium, iron, potassium, and zinc. They are also a good source of fibre and protein, with around 5 grams of fibre and 7 grams of protein per 100g.

### **Broad bean and rocket pesto**

(makes a big batch – can be stored in the fridge/freezer)

300g broad beans (removed from their pods)

2 handfuls of rocket

½ bunch of basil

½ a lemon juiced

100g feta (or cashews to keep it vegan)

2 garlic cloves

4 tbsp extra virgin olive oil

Pinch of black pepper



Boil the broad beans for 2-3 minutes depending on the size of the beans, then drain and set aside to cool.

Rinse and spin dry the rocket.

Once the broad beans have cooled add all the ingredients to a food processor. Pulse to help all the ingredients mix together, then blend to your desired consistency. If you are seeking a smoother consistency you may need to add a little more oil.

And that's it, simple! My favourite ways to enjoy this are stirred into lentil pasta or smeared on a slice of sourdough toast instead of avocado. Enjoy!

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