

Linda's Smooth & Creamy White Bean Dip

This dip is a quick and easy crowd pleaser. You can change it up by subtracting the sumac and adding in paprika and some semi dried tomatoes, or making it into a roasted beetroot dip by removing the sumac and adding ¼ cup roasted beetroot when blending the beans.

375gram can white beans eg cannellini or lima beans – drained

2 tablespoons olive oil

50-75 ml lemon juice

4 sprigs of mint

½ teaspoon sumac – a citrusy, peppery spice often used in Moroccan recipes

¼ cup parsley

Salt and pepper to taste

To decorate:

Edible flower petals eg Calendula or sunflower

A little extra olive oil and a sprinkle of sumac powder

Tip the beans into a blender or food processor with 50 ml of lemon juice and the sumac powder. Blend until smooth.

Chop the mint and parsley coarsely and add it to the bean dip. Pulse until the herbs are incorporated but not enough to blend them to a pulp. You want the dip to be flecked with herb leaves.

Add salt and pepper to taste and amore lemon juice if you need a little more tanginess or dippable consistency. Chill until ready to serve

Serve with fresh vegies, grilled pita bread triangles or biscuits.