



White Bean Dip

Cooking Time: 10 minutes

Serves: 2-4 people

INGREDIENTS:

- 400 grams tinned cannellini beans, drained
- 1 clove of garlic, sliced
- Juice of 1/2-1 lemon
- 1/4 cup roughly chopped flat leaf parsley
- 2-3 tablespoons fresh thyme leaves, plus a few extra springs for garnishing
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper

METHOD:

1. Drain half the brine of the canned beans and do not rinse the beans.
2. Place all ingredients in a food processor and pulse or process on low speed for 30 seconds. I like this bean dip to still have some chunkiness to it but if you prefer it smooth, process until the consistency is to your liking.
3. Place in an airtight container and in the fridge for a couple of hours or overnight prior to serving.
4. Add some springs of fresh thyme and a drizzle of olive oil when ready to serve. (optional).

TIPS/SUBSTITUTIONS:

- *Can keep in an airtight container in the fridge for up to 3 days.*
- *Cannellini beans can be replaced with butter beans.*
- *If you do not have a food processor you can simply mash the ingredients with a fork. Ensure garlic is crushed.*