

Butterbean Dip with Roasted Tomatoes

For the Roasted Tomatoes:

- 250g cherry tomatoes
- 1 garlic head, halved
- 1 tbsp mixed herbs
- Olive oil, for drizzling
- Salt and pepper

For the Butter Bean Dip:

- 410g tin butter beans, drained
- 1 tbsp lemon juice
- 3 tbsp olive oil
- Salt and pepper

To Serve:

- Bread, toasted
- pumpkin seeds, toasted
- Spring onions (optional)

DIRECTIONS

1. Preheat the oven to 180°C
2. Place tomatoes and halved head of garlic on a roasting tray and drizzle with a little olive oil.
3. Add mixed herbs and season with salt and pepper. Roast together for 20–25 minutes or until tomatoes are blistered and garlic is soft. Remove and set aside to cool.
4. To make the butter bean dip, place the butter beans into a blender with the roasted garlic cloves, lemon juice and olive oil, blend until smooth. Check seasoning and add salt and pepper if needed.
5. Spoon butter bean dip onto a serving platter and spread out evenly.
6. Place the roasted tomatoes on top of the butter bean dip, garnish with spring onions and roasted pumpkin seeds.
7. Serve with toasted bread for a refreshing and delicious meal.

