Recipe Card

Spicy Roasted Broad Beans

How difficult is it?

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Instructions

1. Preheat oven to 180°C. Bring a saucepan of water to the boil, add the broad beans, return to the boil, simmer for five minutes, drain well and place in a mixing bowl.

2. Mix the rest of the ingredients in a small bowl, then pour the infused oil over the broad beans, mix well until they are evenly coated.

3. Line a baking tray with oven-proof parchment paper and pour the broad beans over it, spreading them out in a single layer. Cook in the oven for 15 minutes, remove, stir and return to the oven for a further 15 minutes.

4. Remove from oven, stir the broad beans and return for a further 5 minutes - you can repeat this step if required to until they turn crispy, keep an eye on them to make sure they don’t burn or stick. You may need to add more salt and/or pepper to suit you when they are ready.

Ingredients

- 200g baby broad beans – I used frozen, if using fresh remove from pods
- 1 tbsp olive oil
- ½ tsp cayenne pepper
- ½ tsp sweet smoked paprika
- Few turns of black pepper
- Few turns of salt

This recipe is inspired by habas fritas one of my favourite Spanish tapas. I still remember first trying these moreish snacks with a drink when in Spain. My adaptation does not have the crunch associated with habas fritas however, I enjoy the variation. – Oli Weatherall, Free From Fourteen Vegan