



Edible Gems Borlotti Beans e Bianco (White)

Ingredients

3 tablespoons of olive oil
1 large onion diced
1 clove garlic diced
½ teaspoon fresh or dried chilli (optional)
1 large potato, diced small
2 to 3 litre chicken stock or water
2 x 300 g pack Edible Gems Borlotti Beans
Salt and pepper to taste
Handful of chopped parsley



Instructions

Fry onion in olive oil till translucent. Add garlic and chilli (optional) and stir through. Add potato, chicken stock, borlotti beans and pepper to taste. Cover beans with stock or water. Bring to boil, turn down heat to medium and cook for 20 to 30 minutes until tender. Add salt and parsley and stir through. Serve with crusty bread.

Tip

Borlotti Beans Bianco can be used as a sauce with pasta or rice or try as a topping for bruschetta.

Serves 4.

Available until the end of May, Edible Gems delicious, nutty flavoured borlotti beans are available from selected greengrocers and specialty retailers. RRP: \$4.99 (300g pack)

For stockists, visit: www.ediblegems.com.au

