

Broad Beans

Also known as Fava beans, they come in pods, with each small bean bearing a surprising amount of nutritional value.

Like most beans, they are a great source of plant-based protein and fibre.

Store:

- If they are still zipped-up in their pod, they can stay in the salad drawer of the fridge for up to 10 days
- If they are already out and/or cooked, they are best in an airtight bag or container to last for another 2 days

Freeze:

- First, de-pod and blanch the beans for 3-4 minutes in boiling water
- Then, dry the blanched beans before placing in a freezer-safe bag.
- Make sure to get as much air out as possible
- They last up to 8 months here

To Peel or Not to Peel

After detaching the beans from their pods, you have two options. First, if you prefer them without the peel, you can simply blanch them which makes it easy to unpeel with one pinch. Alternatively, to save time, blanching may be enough for your taste.



Video Links