

Shalloty White Bean Dip

Creamy, Shalloty and Shareable
Makes enough for one picnic of 4 | 20 minutes

Read at least once over before you begin

Access Notes: This recipe calls for peeling and chopping. Consider using pre-peeled and chopped ingredients if these actions are not possible or will aggravate pain.

Things you'll need (to clean up):

- Frying pan
- Wooden spatula
- Kitchen Scale
- Blender
- ¼ cup
- ½ tsp

Ingredients:

- **White kidney beans:** one 540ml can OR 300g cooked beans
- **Shallots:** approximately 110g
- **Garlic:** approximately 30g
- **Olive oil:** ¼ cup
- **Salt:** approximately ½ tsp *THIS WILL DEPEND GREATLY ON WHAT SALT YOU USE– always use your taste discretion with salt*
- **Pepper:** approximately ½ tsp

Method:

1. Prep your ingredients: Slice shallots into thin strips. Crush whole garlic cloves leaving them in relatively large pieces.
2. Heat your pan. Once you've brought it up to a medium heat, coat the pan with olive oil. Once the olive oil is hot (or, once the oil sizzles when you sprinkle it with water) add your shallots and garlic. Season lightly with pepper and salt. Reduce heat to low-med. Cover the pan and let cook for

7-10 minutes, or until the shallots are jammy and the garlic is soft, stirring regularly. Whatever you do, just don't let the garlic burn! Turn off the burner and remove from heat once cooked.

3. Drain your white kidney beans and add the drained beans to a blender. Add your $\frac{1}{4}$ cup of olive oil as well as your jammy shallot and garlic mixture. Blend until smooth, stopping to stir if necessary.
4. Taste your mixture. Add more salt and pepper to your preference. I usually go with $\frac{1}{2}$ tsp of Maldon sea salt flakes and $\frac{1}{2}$ tsp fresh cracked black pepper at this stage but it depends greatly on how salty your beans were and how much you seasoned your shalloty mixture. Once you've adjusted your seasoning and blended well, your dip is ready to eat!
5. Pour into a bowl to enjoy now or into a container and store in the fridge to use at a later date. Store in the fridge for up to 4 days.

Enjoy with bread and veggies, or in a sandwich or wrap.