

GARLIC PARMESAN WHITE BEANS

Serves 4

INGREDIENTS:

3-4 Cloves garlic - crushed
Extra virgin olive oil
1.5 Cups dry cannellini beans
1 Cup cherry tomatoes - halved
Salt and pepper to taste
1 Tsp chilli flakes
1.2 Tsp cumin
1 Cup fresh parsley - chopped
¼ - ⅓ Cup grated Parmesan
¼ cup grated Pecorino Romano
Juice of half a lemon

DIRECTIONS

Place the dried beans in a bowl and cover with water - ensure there is a few inches of water above the beans. Let the beans soak for around 8 hours (or overnight is even better!)

Fill a pan with water. Then drain and rinse your beans and add them to the pan of water. Bring to the boil. Add some salt, reduce the heat to medium and let the beans simmer until tender (around 2-3 hours). Add more water to the pan as needed.

In a large pan warm 2 tbsp olive oil over a medium heat. Add the garlic until just golden.

Add the cannellini beans with ½ cup water and season with salt and pepper and the spices. Add the tomatoes and cook until well warmed through - around 10-15minutes. Stir occasionally.

Stir in the parsley, cheese and lemon juice.

Finish with a drizzle of olive oil and serve with some crusty bread.