



### BROAD BEANS IN TOMATO SAUCE

This is an easy and economic dish to prepare, especially when broad beans are in season.

Serves 4

#### Ingredients

- 1 kg broad beans, peeled
- 1 large can of tomato pulp (I suggest to use fresh chopped tomatoes)
- 1 medium sized onion, chopped
- 2 cloves garlic, finely chopped
- 1 tablespoon mixed herbs (you can use fresh basil, mint or parsley)
- Fresh pepper
- 4 eggs
- 2 tablespoons olive oil
- Maltese bread to serve

#### Method

1. Cook the onion in olive oil for 5 minutes, add the garlic and cook for 2 minutes.
2. Add the beans and tomatoes. Cover and leave to simmer until the beans are cooked. Add some water if needed.
3. Add the herbs. Make 4 wells and place an egg in each and cook. Season with fresh pepper and serve with fresh Maltese bread.

**Tip : Broad beans are an excellent plant source of protein and fibre.**

**They are also very cheap when in season.**

**One can freeze them and use when needed.**

