



## Garlicky smashed white beans

Serves 2, 20 minutes

from [life-and-lemons.com](http://life-and-lemons.com)



@sotonbeans

### Ingredients:

- 4 garlic cloves
- 1 tin white beans
- 1 tbsp olive oil
- 1 lemon, juiced
- Salt and pepper to taste
- Slices bread – of your dietary choice

1. Peel the garlic cloves and either chop finely or use a garlic grater.
2. Heat a pan over medium heat, add the olive oil and garlic and cook with a pinch of salt until translucent.
3. Drain the white beans and add to pan. Stir and then smash to your hearts content.
4. Stir through the lemon juice and a bit more olive oil, season with salt and pepper.

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