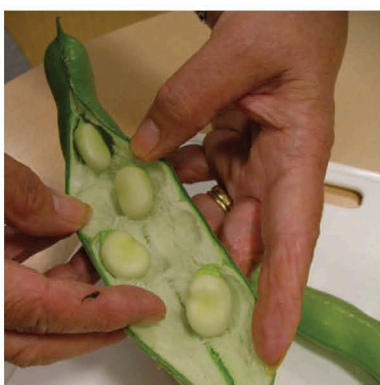


Broad bean



1 Using your fingers open up the bean pod.

2 Simply press down in the middle of the pod and prize apart.

3 Remove the individual beans from the pod.

Tips

Boil the shelled beans and when cool enough, remove the outer grey case to reveal the bright green bean inside.

Can be added to salads.