

1. Blanch the broad beans in boiling salted water for 2 minutes. Drain and refresh in cold water. Squeeze most of the beans out of their skins, leaving the smaller ones in their skins for texture.
2. In a bowl, combine the wine, vinegar and sugar. Stir to dissolve the sugar, add the beans and leave to marinate for 1 hour.
3. Preheat the oven to 190°C/375°F/gas 5.
4. Trim and chop the spring onions and blitz in a food processor with 4 tablespoons of oil.
5. Tear the bread into chunks, scatter over a baking tray, drizzle with the onion oil and scrunch with your hands. Bake for 10 minutes, until crunchy.
6. Use a slotted spoon to transfer the beans to a serving bowl. Top with the pea shoots, picked mint leaves, croutons and goat's cheese. Finish with the lemon zest and juice, and a drizzle of oil.