

# WHITE BEAN & ROSEMARY CROSTINI

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## INGREDIENTS

4 garlic cloves  
½ tbsp roughly chopped  
fresh rosemary  
1 tbsp fresh parsley leaves  
1 tbsp extra-virgin olive oil  
400g tin cannellini beans,  
drained and rinsed  
2 salad onions, sliced  
30g frozen peas, defrosted  
4 thick slices seeded bread

## METHOD

- 1.** Crush or whizz together 3 garlic cloves, the rosemary and the parsley with the olive oil and a splash of water using a pestle and mortar or mini food processor.
- 2.** Cook half the garlic-rosemary paste in a non-stick frying pan for 3 minutes over a low heat. Add the beans and toss to coat thoroughly, then cook until heated through. Roughly crush the beans with a fork or potato masher, leaving some whole. Stir in the salad onions and peas.
- 3.** Toast or grill the bread, then rub each slice with the remaining garlic clove. Spread with the bean mash, then top with a little of the remaining garlic-rosemary paste.

THE  
COOKERY

by The Secret Jozi Chef