

# Charred Fava Bean Salad

## APPETIZER

## Ingredients

- 3 lbs fresh fava beans, shelled (or sub edamame)
- 2 tbsp extra virgin olive oil
- 1 clove garlic
- 1 small jalapeño, seeded and minced
- 2 tbsp Truly Grass Fed Salted Butter
- 1/2 tbsp fresh lemon juice
- 2 tbsp Truly Grass Fed Aged Cheddar, grated
- 1 tbsp chopped tarragon

## Instructions

1. Fill a large bowl with ice water. In a large saucepan of boiling salted water, blanch fava beans for 1 minute. Using a strainer, transfer fava beans to ice water to stop the cooking. Drain ice water, then peel.
2. Heat 1 tablespoon of olive oil in a small saucepan. Add garlic and cook over low heat for about 2 minutes or until golden. Add jalapeño and cook for 1 minute longer. Season with salt and set aside.
3. In a large skillet, heat remaining olive oil until shimmering. Add fava beans and cook over medium high heat without stirring for about 1 minute, or until blackened. Transfer to serving bowl and season with salt.
4. Add butter to skillet and cook on medium high heat for about 30 seconds, or until it starts to brown. Then, stir in lemon juice and remove from heat.
5. Add garlic-jalapeño mixture, cheese, and tarragon to fava beans and pour in butter. Toss everything together until evenly coated.
6. Option to grate additional cheese on top to taste. Can be served warm or chilled.



*Naturally Irish. Truly Delicious.*