

White Bean Mash

A creamy side made for a homegrown cannellini bean glut

DIFFICULTY Easy

COURSE Side Dish

CUISINE Italian-inspired



PREP
5 min



COOK
10 min



TOTAL
15 min



SERVES
4



FREEZES WELL
Yes

01 Ingredients

- 800g cooked cannellini beans (or 300g dried, soaked and cooked)
- 3 tbsp olive oil
- 3 garlic cloves, crushed
- 2 tbsp lemon juice
- 1 sprig fresh rosemary, leaves picked
- Salt and pepper, to taste

02 Method

1. Drain and rinse cannellini beans if using tinned, or cook dried beans until very tender.
2. Heat olive oil in a pan over medium heat. Add garlic and rosemary, cook for 1-2 minutes until fragrant.
3. Add beans to the pan and warm through, mashing roughly with a fork or potato masher.
4. Stir through lemon juice and season with salt and pepper.
5. Serve warm, drizzled with extra olive oil if desired.

04 Common mistakes

- **Burning the garlic** — it turns bitter fast in hot oil; keep the heat moderate and watch closely.
- **Mashing too smooth by hand** — a rough, uneven mash is part of the texture; use a blender only if you specifically want it silky.
- **Adding lemon juice too early** — stir it through at the end so the bright flavour doesn't cook off.

03 Notes & substitutions

- Great northern or navy beans both work well in place of cannellini beans.
- Add a splash of cream or a knob of butter for a richer result.
- Swap rosemary for thyme or sage.
- Vegetarian and vegan as written.

05 Storage & leftovers

FRIDGE	Airtight container, up to 4 days.
FREEZER	Freezes well for up to 3 months.
REHEATING	Gently on the stovetop with a splash of water or stock to loosen.