



# White bean, feta & rosemary mash

<https://www.mainland.co.nz/recipe/white-bean-feta-and-rosemary-mash.html>



**Prep Time**  
5 mins

**COOKING Time**  
10 mins

**SERVES**  
3-4

To add a touch of panache to your plate, try this flavour-infused white bean and Mainland Creamy Feta mash. The perfect foil for a lamb roast or as an alternative to potato.

## Ingredients

- 1/4 cup olive oil
- 1 sprig rosemary
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 2 400g cans butter beans, rinsed and drained
- Zest and juice of 1 lemon
- 100g Mainland Creamy Feta
- Sea salt and freshly ground black pepper
- Extra virgin olive oil, to serve

## Method

1. Put the olive oil and rosemary in a saucepan over medium heat. Add the onion and garlic and sauté for two to three minutes or until translucent and cooked, but not browned.
2. Add the butter beans and lemon zest and continue to cook for a further five to seven minutes or until warmed through and the beans are starting to fall apart.
3. Remove from the heat and add the feta, lemon juice and a very generous glug of extra virgin olive oil. Season to taste with salt and freshly ground black pepper.
4. Remove the rosemary sprig from the pan and set aside. Use a stick blender or potato masher and crush the mixture together to your desired texture, adding extra oil if needed. Serve warm with lamb cutlets and watercress salad if liked.