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your touch
from iftar
to suhoor.."*



f |  californiagarden





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Baked Tuna Pasta

INGREDIENTS:

- 2 cans of California Garden Tuna chunks in olive oil, drained
- 4 cups dried pasta, cooked and drained
- 1 medium onion, diced
- 6 cloves of garlic, minced
- 3 ½ cup crushed tomatoes
- 2 tablespoon tomato paste
- 1 tablespoon Italian seasoning
- Salt and pepper, to taste
- 1 cup whole milk mozzarella, shredded
- ½ cup freshly grated parmesan cheese
- 1 cup Fresh basil, finely chopped for garnish
- Olive oil



Serving size
4-6 across



Preparation Time
50 Min

PREPARATION:

- Preheat oven to 375 degrees Fahrenheit.
- Heat a large (12-inch) cast iron skillet over medium-high heat. When the skillet is hot, add 1 tablespoon of olive oil then add the onion and garlic and cook until softened and fragrant, about 3-5 minutes.
- Add the crushed tomatoes, tomato paste, and Italian seasoning, stir to incorporate. Season with salt and pepper. Remove skillet from heat.
- Add pasta to the skillet. Toss to coat. Add the drained tuna but do not overly mix. Just gently toss so chunks remain intact and it doesn't turn to shredded tuna where you can't see it at all in the dish.
- Sprinkle cheeses on top in an even layer then bake for 25 minutes, or until pasta is cooked through and mixture is bubbly, and cheese is melted.
- Sprinkle fresh basil on top, serve, and enjoy!



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Peeled Fava Beans with Lebanese sujuk

INGREDIENTS:

- 2 cans of California Garden Peeled fava beans with secret recipe
- 500g sujuk, peeled
- 2 tbsp olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- Salt & black pepper to taste
- ½ tsp 7 spices
- 1 tsp smoked paprika
- ½ cup parsley, chopped
- 2-3 large loafs Lebanese pita bread
- 2 tbsp butter, melted

Serves with:

- Tzaziki Yogurt mix

PREPARATION:

- In a large skillet over medium heat, add olive oil, onions and garlic and cook until softened and fragrant
- Add peeled sujuk and break with wooden spoon while cooked to avoid big lumps
- Sprinkle with salt, pepper, 7 spices and smoked paprika and cook until sujuk is browned
- Add peeled fava bean cans and mix together for flavors to incorporate
- Remove from heat, and let cool for 2 minutes
- Open bread loafs and spread fava sujuk mixture inside. Repeat with the remaining bread loafs
- Brush bread top with melted butter and grill on a toaster or in the oven for 4-5 minutes
- Cut into 4's and serve next to Tzaziki Yogurt mix



Serving size
4-6 across



Preparation Time
50 Min

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Egg Chickpea Breakeie

INGREDIENTS:

- 2 cans of California Garden Chickpeas
- 3 tbsp olive oil
- 6 eggs
- 3 cups spinach
- ½ tsp Cajun seasoning
- 3 cloves garlic, sliced
- Salt & Pepper to taste
- Fresh parsley, chopped for garnish

PREPARATION:

- Heat olive oil in a skillet and add the garlic slices. Cook until just fragrant.
- Add chickpeas and spinach, sprinkle with salt, pepper and Cajun seasoning and cook for approx. 3 minutes.
- Crack the eggs on top of the mixture. Cook for 3-5 minutes, until the egg whites are cooked but your egg yolks are still runny
- Sprinkle with parsley leaves and some cracked pepper on top and serve with toast



Serving size
4-6 across



Preparation Time
50 Min



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Flourless Chickpea Pancake

INGREDIENTS:

- 2 cans of California Garden Chickpeas drained and rinsed
- 1 cup peanut butter
- 4 tsp baking soda
- Pinch of salt
- 3 large eggs
- 1/4 cup + 2 tbsp milk of choice
- 1 tsp vanilla
- 2 tbsp maple syrup

Fry & Serve:

- Coconut oil
- 2 tbsp peanut butter
- Mixed Berries
- Maple Syrup

PREPARATION:

- Pour chickpeas into a strainer, then rinse them off completely; then, pour chickpeas into a blender.
- Add the remaining ingredients into the blender and pulse for 30 seconds or until the batter is smooth.
- Grease a griddle or skillet with coconut oil or nonstick spray and pour batter onto skillet. Once batter starts bubbling, use spatula and carefully flip pancake over. Once both sides are cooked, remove from heat. Continue process until batter is gone.
- Top pancakes with extra peanut butter, fruit and maple syrup



Serving size
4-6 across



Preparation Time
50 Min

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Peeled Fava Beans with Liver

INGREDIENTS:

- 2 cans of California Garden Fava peeled with chili
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 large tomatoes, peeled and diced
- Salt & black pepper to taste
- ½ cup parsley, chopped
- Olive oil

Serve with:

- Liver, Falafel, Pickles, Eggs, Vegetable plate, bread

PREPARATION:

- In a large skillet, add olive oil over medium heat and add the onions and garlic. Cook until softened and translucent.
- Add tomatoes, sprinkle with salt & pepper and cook on medium heat for 3 minutes
- Add the peeled fava beans and liquid and mix and let cook for 4 minutes on low heat
- Sprinkle with chopped parsley once cooked and ready to serve
- Serve hot with bread, cooked Liver, Falafel, Pickles, Eggs, Vegetable plate



Serving size
4-6 across



Preparation Time
50 Min

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Shrimp and Sweet Corn Fritters

INGREDIENTS:

- 2 cans of California Garden Sweet corn
- $\frac{3}{4}$ cup flour
- 1 $\frac{1}{2}$ tsp baking powder
- 1 $\frac{1}{2}$ tsp Mixed Sea Food Seasoning (plus more to serve)
- 2 eggs (beaten)
- $\frac{1}{2}$ cup milk
- 2 tbsp spring onion (finely chopped)
- $\frac{1}{4}$ cup chives, chopped
- 1 cup boiled shrimp (coarsely chopped)
- Vegetable oil (for frying)
- Sour cream (optional)

PREPARATION:

- In a large bowl mix flour baking powder and mix spices.
- In a separate bowl mix eggs milk and green onion. Combine mixtures blending until moistened.
- Fold in cooked shrimps and sweet corn.
- Pour oil into heavy skillet to a depth of 1 inch. Heat to 375° F on medium heat.
- Drop batter by the tablespoonful a few at a time into hot oil. Fry 3 to 4 minutes or until golden brown. Drain fritters on paper towels.
- Sprinkle with additional mix spices and serve with sour cream, if desired.



Serving size
4-6 across



Preparation Time
50 Min



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Crispy fried corn

INGREDIENTS:

- 2 cans of California Garden Sweet corn, rinsed and drained
- 4 tbsp Corn flour
- 1 tsp Salt
- 1 tsp paprika
- Vegetable Oil, for frying

For Serving:

- 1 bunch fresh coriander, finely chopped
- 1 Lemon, juice

PREPARATION:

- In a large bowl, add sweet corn, corn flour, paprika, salt. Mix all ingredients well, till sweet corn is coated and the corn doesn't look powdery.
- Heat vegetable oil to 160C, then reduce heat to medium low.
- Add the sweetcorn to fry. Spread with a ladle. Fry for about 3 minutes
- Then fry for 1 to 2 more minutes on high heat. Remove from heat on paper towel.
- Mix the corn with freshly chopped coriander and some lemon juice, adding some more paprika or chili powder if you like it spicy



Serving size
4-6 across



Preparation Time
50 Min



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Red Kidney Beans and Beed Pie

INGREDIENTS:

- 2 cans of California Garden Red kidney beans, drained
- 2 onions, chopped
- 500g lean beef mince
- 2 cloves garlic, crushed
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- ½ tsp chili flakes
- 600g Tomato Puree
- 1 can sweet corn, drained
- 100g low fat cheddar cheese, grated
- 1 kg mashed potatoes (pre-cooked)

PREPARATION:

- Heat a dash of oil in a deep-frying pan. Add onion and cook over medium heat until it softens.
- Increase the heat and add minced beef and garlic. Stir fry to brown meat, breaking up mince with a wooden spoon if necessary.
- Stir in cumin, coriander and chili flakes.
- Pour over Tomato puree and add ½ cup of water if needed.
- Stir in Kidney Beans and sweetcorn. Bring to the boil. Reduce heat and simmer for 20 minutes until mince is cooked and sauce reduced.
- Preheat oven to 200°C. Spoon cooked mince and beans into an ovenproof dish. Sprinkle over grated cheese. Top with Mashed potato. Bake for 20-25 minutes until potato topping is golden and filling hot.
- Serve with your favorite green vegetables on the side.



Serving size
4-6 across



Preparation Time
50 Min

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*Fattah Foul
with Yogurt*

INGREDIENTS:

- 2 cans of California Garden Fava beans – Lebanese recipe
- 2 large loafs Lebanese bread, cubed & fried
- 2 cloves garlic, minced
- 500g yogurt
- 2 tbsp tahini
- ½ lemon, juiced
- 1 tbsp salt
- 1 tbsp cumin
- 1 tsp paprika
- ½ cup parsley, chopped
- ½ cup olive oil
- ½ cup pine nuts

PREPARATION:

- In a saucepan, add the fava beans cans with reserved water and bring to boil for 5 minutes on low heat
- In a large bowl, whisk together the yogurt, tahini, lemon, garlic, salt and cumin
- In a frying pan, add the olive oil, the pine nuts, fry until golden, then add the parsley and fry together for 1 minute
- Assemble the Fattah by adding the fried bread at the bottom, then using a slotted spoon, start adding the fava beans, then add some of its reserved water, cover with the yogurt mixture and top of with the fried pine nuts and parsley. Garnish with some paprika and serve



Serving size
4-6 across



Preparation Time
50 Min



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Pizza Roasted Chickpeas

INGREDIENTS:

- 2 cans of California Garden Chickpeas, drained and dried
- 2 Tbsp olive oil
- 1 tsp oregano
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp pepper
- 4 Tbsp tomato paste
- 1 cup mozzarella, shredded
- ½ cup fresh basil, chopped

PREPARATION:

- Preheat oven to 400°F (204°C).
- In a large bowl, Toss together the chickpeas with oil, oregano, garlic powder, salt, and pepper.
- Spread onto a rimmed baking sheet. Bake for 15 minutes, or until slightly crispy.
- Remove from oven and add tomato paste, mozzarella, and basil, mixing together on the baking sheet using a spatula.
- Put it back in the oven for 5 minutes, or until cheese is melted
- Serve warm by itself, as a salad topper, in a sandwich, or alongside eggs!



Serving size
4-6 across



Preparation Time
50 Min

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*Fava bean with
Sausages*

INGREDIENTS:

- California Garden Fava beans with the Lebanese Recipe
- Sausage
- Oil
- Finely chopped onion
- Green bell pepper
- Red bell pepper
- Salt
- Cumin
- Tomato paste
- Finely chopped tomatoes
- Pomegranate molasses

PREPARATION:

- Add the oil to a skillet on low heat, then add the sausages and onions and mix well.
- Add the bell peppers, then add California Garden fava beans with the lebanese recipe, a tablespoon of the tomato paste along with the pomegranate molasses then add the chopped tomatoes and a sprinkle of cumin and salt according to taste.



Serving size
4-6 across



Preparation Time
50 Min



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*Alexandrian
Fava bean*

INGREDIENTS:

- California Garden Peeled fava beans with chili
- California Garden plain fava beans
- Oil
- Chopped onions
- Green, Red & Yellow bell pepper
- Black pepper
- Salt
- Green cilantro
- The juice of half a lemon
- Cumin
- Chopped tomatoes
- Dukkah (as needed)
- (Cumin, minced garlic, chilli, lemon, vinegar, salt)

PREPARATION:

- In a pan heat up the oil, then add the onions and mix well, then add the peppers, then California Garden's peeled fava beans with chilli, and the plain fava beans. Then top these ingredients with salt, pepper, cumin, cilantro and mix well and leave them to cook for a few minutes and garnish with the chopped tomatoes. To make the Dukkah you will need: a teaspoon of the following: cumin, minced garlic, chilli peppers, lemon, vinegar,



Serving size
4-6 across



Preparation Time
50 Min



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INGREDIENTS:

- California Garden Fava beans with the Egyptian Recipe
- 5 cups of flour
- 2 tablespoons of yeast
- 2 tablespoons sugar
- Salt
- ½ cup oil
- Warm water for kneading
- Green bell peppers
- Chopped tomatoes
- 1 tablespoon salsa

PREPARATION:

- Firstly, we will make the dough.
- Add the flour to a bowl and mix it with sugar, yeast, salt then make a hole in the mixture and in that hole add the water and oil. Start kneading the dough until it's soft, it will probably take 7 to 8 minutes, Let the dough rest in an oiled bowl from one hour to an hour and a half depending on the room temperature.
- Meanwhile, let's prepare the stuffing:
- Start by add the California Garden fava beans in a bowl and mashing it lightly, then add the green bell peppers, tomatoes and salsa and mix everything together.
- Roll the dough into a circle using a roller, then cut it into small & big circles, on a baking pan, add the dough and top it with the fava beans mixture & put it in the oven to bake.
- As it bakes, we will make the fried eggs, by adding ghee to a frying pan, then adding the boiled eggs until it browns on all sides.
- Cut the eggs in half and place it on top of the manoucheh once it's out of the oven.



Serving size
4-6 across



Preparation Time
50 Min

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Fava bean Tajin

INGREDIENTS:

- California Garden Peeled fava beans with the secret recipe
- Parsley
- Cilantro
- Dill
- Chopped up onion
- Chopped up tomatoes
- Chickpeas
- Minced garlic
- Chilli powder

PREPARATION:

- Add California Garden peeled fava beans with the secret recipe to a tajin, then add dill, cilantro, garlic, chopped up tomatoes, chickpeas, and chilli powder.
- Mix all the ingredients well together, and put the tajin in the oven for fifteen minutes. Take it out, garnish with some onions and it's ready to serve!



Serving size
4-6 across



Preparation Time
50 Min



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Fava Beans Fatteh



بلحسنة
الذرة

INGREDIENTS:

- California Garden Peeled fava beans with chili
- Pita Bread
- Olive Oil
- Half a chopped up onion
- 2 cups of yogurt
- ½ cup of milk
- Garlic Clove
- Fresh cilantro leaves
- Salt, pepper, cumin

PREPARATION:

- On a low heat add a tablespoon of olive oil, half a chopped up onion and leave till it's golden brown.
- Add California Garden peeled fava beans with chili and mix all the ingredients together.
- Simultaneously, cut the pita bread into small pieces and put it in the oven until it turns crispy.
- Mix the yogurt with the milk, garlic, salt and pepper and cumin together.
- In a serving plate, add a layer of pita bread, then fava beans, top with the yogurt mix and decorate with cilantro.



Serving size
4-6 across



Preparation Time
15-20 Min



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INGREDIENTS:

- California Garden Chickpeas
- Tahini
- Lemon Juice
- Olive Oil
- Garlic
- Salt
- Pepper
- Parsley

PREPARATION:

- Firstly, in a blender mix California Garden chickpeas, tahini, lemon juice, garlic, olive oil, salt and pepper with ice.
- Keep blending until the mixture is smooth then serve in your preferred plate and top with fresh parsley and olive oil.



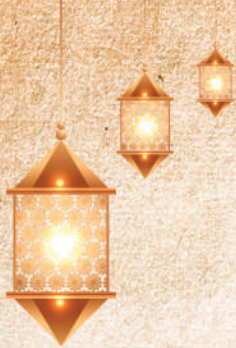
Serving size
4-6 across



Preparation Time
15-20 Min



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*Tuna and
Peas*

INGREDIENTS:

- California Garden Tuna with Sunflower Oil
- California garden processed peas
- Dill
- Colored bell peppers
- Mayonnaise
- Mustard
- Salt
- Pepper
- Lemon
- Peas

PREPARATION:

- In a mixing bowl add the mayonnaise, mustard, lemon juice, lemon, salt, pepper and mix well.
- Then add California Garden Tuna, dill, bell peppers, peas to the sauce and mix it all together then serve.



Serving size
4-6 across



Preparation Time
15-20 Min



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*Fava beans and
eggs Tajin*

INGREDIENTS:

- California garden Peeled fava beans with secret recipe
- 3 Eggs
- Salt
- Black pepper
- Colored peppers
- Olive oil

PREPARATION:

- In an oven tajin, add California Garden peeled fava beans with the secret recipe, add the bell peppers, then the eggs.
- Bake for 10 mins then top with the spices and olive oil.
- Serve warm.



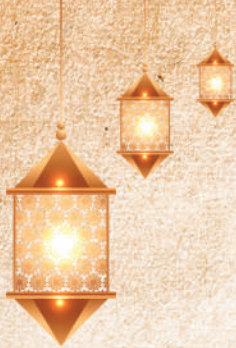
Serving size
4-6 across



Preparation Time
15-20 Min



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Tuna Croissant Sandwich

INGREDIENTS:

- 2 cans of California Garden Tuna with sunflower oil
- Croissant
- Mayo
- Mustard
- Lemon
- Salt and pepper
- Dill
- Onion
- Tuna
- Pickles
- Corn
- Lettuce

PREPARATION:

- Mix California Garden tuna with sunflower oil, dill, corn, onions, pickles together to create the stuffing, then make the sauce by mixing the mayonnaise, mustard, lemon and salt and pepper, Add the stuffing and the sauce to the croissant and top with lettuce and tomatoes, and serve!



Serving size
4-6 across



Preparation Time
15-20 Min



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*Foul
Mahmous*

INGREDIENTS:

- California garden peeled fava beans with chili
- Olive oil
- Chopped onion
- Lemon juice
- Spices
- Nutmeg
- Turmeric
- Ghee
- Parsley

PREPARATION:

- Firstly, add the oil to a pan with low heat, add the onions, spices, and turmeric and stir well, then add the parsley.
- Then, add the peeled fava beans with chili, mix well, add the lemons and leave to simmer for five minutes, and it's ready to serve.



Serving size
4-6 across



Preparation Time
15-20 Min



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*Foul
Golaba*

INGREDIENTS:

- California Garden Peeled fava beans with the secret recipe
- Onions
- Cumin
- Tahini
- Ghee

PREPARATION:

- Add the chopped onions ghee, cumin to a medium heat pan, and once cooked add the peeled fava beans with the secret recipe, leave to simmer then serve hot!



Serving size
4-6 across



Preparation Time
15-20 Min



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*Sweet Corn
Salad Snack*

INGREDIENTS:

- 1 can California Garden Sweetcorn
- 20gm cherry tomatoes
- 1 Avocado
- ½ small onion

SAUCE INGREDIENTS:

- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- ½ teaspoon salt
- Black pepper

PREPARATION:

- Add cherry tomatoes, sweetcorn and avocados slices to the serving plate, add the chopped onions
- Add the the dressing mixture



Serving size
2 across



Preparation Time
15-20 Min



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*Chickpeas with
Chicken Liver*

INGREDIENTS:

- California Garden Chickpeas
- 2 ice cubes
- $\frac{3}{4}$ cup of flour
- 1 tablespoon salt
- 1/2 teaspoon salt*
- Garlic
- Sauce ingredients:
- Lemon
- Green spicy pepper
- Garlic
- Salt

PREPARATION:

- Use your food processor to ground the ice, chickpeas, then add flour, salt, lemon and garlic gradually and leave the mix in the fridge for 1 hour to rest
- Chicken liver with garlic and lemon:
- Fry chicken liver in a hot pan for 45 second with enough amount of oil and strain it
- Add to a frying pan 50 gm of butter, add the liver, salt cumin, black pepper, garlic, then remove the mix and add lemon and parsley,
- In the serving plate add the Hummus salad, and liver on top of it and spice it up with the green spicy pepper&garlic mix



Serving size
2-4 across



Preparation Time
15-20 Min

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*Crispy Fava Beans
Fried Balls*

INGREDIENTS:

- California Garden Peeled Fava beans with secret recipe
- 150gm hummus
- 200 gm of rusk
- Olive oil
- Rusk for shaping the balls

PREPARATION:

- Use your food processor to ground the fava beans, chickpeas, rusk
- With a table spoon take from the mix and start shaping it with your hands to formulate equal sized balls.
- Leave in the freezer for at least 15 minutes
- Add rusk layer to the balls and spray them with olive oil
- Fry in airfryer for 20-25 minutes on 170-180 degrees



Serving size
4-6 across



Preparation Time
15-20 Min



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*Fava Beans with
Lebanese Recipe*

SAUCE INGREDIENTS:

- Yogurt
- 4 tablespoons of Tahini
- Juice of ½ a lemon
- salt
- pepper

MORE INGREDIENTS:

- California Garden fava beans with the Lebanese Recipe
- Olive oil,
- Chopped up onion,
- Parsley
- Tomato chunks

PREPARATION:

- Add a little bit of olive oil in a pan, add the chopped onion and mix well
- Add the fava beans and mash it to your preferred consistency.
- Leave the fava beans on low heat for a few minutes while we prepare the sauce.
- Add all the sauce ingredients in the blender together until they're well mixed.
- Move the fava beans to a serving plate, top with the sauce, tomatoes, onions and parsley and serve for your family!



Serving size
4-6 across



Preparation Time
15-20 Min

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INGREDIENTS:

- California Garden Koshna fava beans
- A tablespoon of minced cilantro
- A minced garlic clove
- Lemon juice
- 3 tablespoons of olive oil
- 4 tablespoons of vinegar
- Salt
- Cumin

PREPARATION:

- Start by heating the fava beans until it simmers
- Mix together the cilantro, garlic, lemon juice, olive oil, vinegar, salt and cumin
- Add to the Fava Beans
- Serve and enjoy



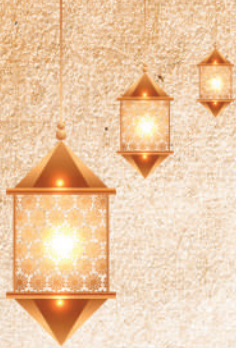
Serving size
4-6 across



Preparation Time
15-20 Min



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*Steamed
Fava Beans*

INGREDIENTS:

- California Garden Peeled Fava Beans with Chili
- Tomato Chunks
- Cilantro

PREPARATION:

- In a frying pan, add the fava beans and keep stirring for 5 minutes.
- In the center of the pan, put a small bowl with two tablespoons of oil and a piece of hot charcoal.
- Cover the pan to allow the liquid to evaporate.
- Move the fava beans to a serving plate,
- Add tomato and cilantro. Serve and Enjoy!



Serving size
4-6 across



Preparation Time
15-20 Min



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INGREDIENTS:

- California Garden peeled fava beans with chili
- 3 tablespoons of tamarind
- 2 tablespoons of lemon juice
- ¼ cup of chopped cilantro
- oil.

PREPARATION:

- Start by adding the oil to a pan
- Add the fava beans to the pan and leave it to cook for a bit
- Add the tamarind, lemon juice, cilantro and mix well.
- Serve and enjoy!



Serving size
4-6 across



Preparation Time
15-20 Min



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*Fava Beans with
Omani Bread*

INGREDIENTS:

- California Garden Peeled Fava Beans with Secret Recipe
- Parsley
- Lemon
- Pepper
- Tomato
- Garlic

PREPARATION:

- Start by adding the oil to the pan
- Add the fava beans with secret recipe and leave it to cook for a bit.
- Add the lemon juice and parsley to the fava beans and mix well.
- Serve the fava beans in a plate with a side of Omani bread and enjoy!



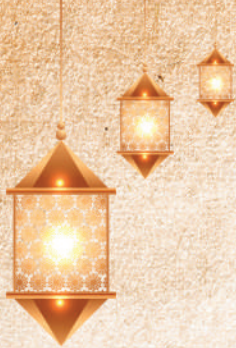
Serving size
4-6 across



Preparation Time
15-20 Min



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*Iskandarani
Fava Beans*

INGREDIENTS:

- California Garden fava beans with the Egyptian recipe
- 2 tablespoons of butter
- 2 tablespoons of oil
- 2 chopped onions
- 4 minced garlic cloves
- 2 green chilis
- A minced red bell pepper
- 3 chopped tomatoes
- 1 cup of chopped parsley
- Salt and pepper to taste

PREPARATION:

- Start by heating the pan and adding the butter, oil and onions, mix well
- Add the garlic and the bell peppers, followed by the tomatoes and parsley
- Leave the mixture to simmer, add the fava beans and top with salt and pepper.
- Serve warm and enjoy your Suhoor.



Serving size
4-6 across



Preparation Time
15-20 Min



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*Lebanese
Foul*

INGREDIENTS:

- California Garden fava beans with the Lebanese recipe
- 2 minced garlic cloves
- Lemon juice
- Chopped tomatoes
- Chopped onion
- 1 cup of chopped parsley
- Olive oil.

PREPARATION:

- Start by adding the fava beans to a pan on low heat and wait for it to simmer,
- Add the garlic and the lemon juice and mix well
- Top with tomatoes, onions and parsley
- Drizzle some olive oil on top
- Serve and enjoy!



Serving size
4-6 across



Preparation Time
15-20 Min



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*Foul
Mobakhar*

INGREDIENTS:

- California Garden peeled fava beans with chili,
- ½ cup chopped parsley
- Lemon juice
- 2 tablespoons of cumin
- Olive oil
- ½ cup tahini
- 1 piece of charcoal
- Aluminum foil paper
- 1 tablespoon of sumac
- ½ cup water

PREPARATION:

- Start by adding the peeled fava beans with chili to a heated pot
- Add the lemon juice, cumin, parsley, salt and pepper and mix well.
- Make room in the middle of the pan and add the piece of charcoal to the aluminum foil and top it with olive oil
- Cover the pot and leave it to smoke,
- Prepare the tahini sauce by adding ½ cup of tahini to ½ cup of water, lemon juice and mix well.
- To serve, add the tahini to the smoked fava beans and enjoy!



Serving size
4-6 across



Preparation Time
15-20 Min

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*Lebanese Mesakhan
Fava Beans*

INGREDIENTS:

- California Garden Fava beans with Koshna Recipe
- 1 cup olive oil
- 3 chopped onions
- 1½ tablespoon of sumac
- 1 tablespoon pomegranate molasses
- Saj bread.

PREPARATION:

- In a pan, add the olive oil and onions and mix well then add the salt, pepper, sumac, pomegranate molasses and mix well.
- Top with the fava beans. Wait for the ingredients to cook together,
- Add it to the saj bread and wrap it tightly.
- Finally, put the wraps in a preheated oven and cook for 7 mins at 180 degrees.



Serving size
4-6 across



Preparation Time
15-20 Min



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*Fava Beans and
Eggplants Fatah*

INGREDIENTS:

- California Garden fava beans with koshna
- Eggplants
- Bread.

Ingredients of the dukkah:

- Three tablespoons of minced garlic
- ½ cup lemon juice
- A teaspoon of salt
- A tablespoon of olive oil

Ingredients of the sauce:

- A cup of yogurt
- A tablespoon of minced garlic
- A teaspoon of salt
- A tablespoon of tahini
- Two tablespoons of water.

PREPARATION:

- Start by deep frying the eggplants and bread
- Add the fava beans to a pot on low heat.

To prepare the dukkah:

- Add the garlic, lemon juice, olive oil, salt and mix well.

To prepare the yogurt sauce:

- add the yogurt, garlic, tahini, water, salt, and mix well.
- To serve, layer the bread, the dukkah, the fava beans, and the eggplants and top with the yogurt sauce.



Serving size
4-6 across



Preparation Time
15-20 Min

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INGREDIENTS:

- California Garden fava beans with Egyptian recipe
- California Garden sweet corn
- ½ cup chopped onions
- 1 garlic clove,
- ¼ cup chopped cilantro
- 2 cups shredded cheddar
- 2 tablespoons taco seasoning
- Tortilla bread.

PREPARATION:

- Start by mixing all the ingredients together in a bowl
- Add the beans mixture to the tortilla bread and cover with another tortilla bread
- Toast in a pan on a medium heat, flip the tortilla until both sides are toasted
- Cut into triangles and serve.



Serving size
4-6 across



Preparation Time
15-20 Min



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INGREDIENTS:

- California Garden fava beans with the Lebanese recipe
- 2 minced garlic cloves
- Olive oil slices of baguette bread
- 1 chopped onion
- 2 chopped tomatoes
- 1 cup of basil
- ½ cup feta cheese.

PREPARATION:

- Start by mixing the garlic and olive oil together
- Spread the mixture on the baguette slices
- In a bowl, mix California Garden fava beans with the Lebanese recipe, onions, tomatoes and basil
- Add the fava beans mixture to the bread slices
- Top with feta cheese and serve.



Serving size
4-6 across



Preparation Time
15-20 Min



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INGREDIENTS:

- California Garden fava beans with the Egyptian recipe
- ½ cup of tahini
- ½ cup of chopped parsley
- ¼ cup of mint
- Olive oil
- 2 tablespoons of butter
- Peeled and crushed almonds.

PREPARATION:

- Start by mixing the fava beans, tahini, parsley, mint and olive oil together in a bowl
- In a pan, add the butter and almonds and mix well until the almonds are golden
- In a serving bowl, sieve the foul dip and top it with the crushed almonds and enjoy



Serving size
4-6 across



Preparation Time
15-20 Min



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*Qudsiyat
Foul*

INGREDIENTS:

- California Garden fava beans with the Lebanese recipe
- ½ cup of parsley
- 2 green chilis
- 1 tablespoon of cumin
- Lemon juice
- California Garden chickpeas
- Olive oil.

PREPARATION:

- Start by adding the fava beans with the Lebanese recipe to a cooking pan and cook it for a bit.
- In a separate bowl, mix the parsley, chili, cumin, and lemon juice mix well and top with olive oil.
- In a serving plate, add the chickpeas, then the fava beans and the parsley mixture and garnish the serving plate with some pine nuts and enjoy.



Serving size
4-6 across



Preparation Time
15-20 Min



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*Foul
Masala*

INGREDIENTS:

- California Garden peeled fava beans with the secret recipe,
- Oil
- Onions
- Minced ginger
- Curry leaves
- Yogurt
- Masala spices.

PREPARATION:

- Start by heating the oil in a pan, then add the onions and ginger, wait for them to cook for a bit.
- Add the fava beans and mix all the ingredients together
- Add the spices and curry leave and mix well.
- Top the fava beans with the yogurt
- Serve and enjoy!



Serving size
4-6 across



Preparation Time
15-20 Min



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Eggplant & Chili Foul Stew

INGREDIENTS:

- California Garden peeled fava beans with chili
- Olive oil
- 2 chopped onions
- 1 can of chopped tomato
- 1 tablespoon of dried mint
- 1 fried and sliced eggplant.

PREPARATION:

- Start by adding the oil to a pan, then add the onions, then the peeled fava beans, tomatoes, and dried mint mix all the ingredients.
- Add the eggplants to the fava beans, and keep stirring, leave it to cook on the stove,
- Garnish it with some mint leaves when done.
- Serve hot and enjoy!



Serving size
4-6 across



Preparation Time
15-20 Min



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*Corn
Soup*

INGREDIENTS:

- California Garden sweet corn
- 3 cups of broth
- ¼ thinly sliced chicken breast
- 1 chopped onion
- 1 tablespoon of corn flour or cornstarch
- 2 tablespoons of olive oil
- 1 teaspoon of salt
- ¼ cup of cooking cream
- ¼ cup chopped celery and carrots.

PREPARATION:

- Start by frying the chicken breast in a pan with the oil
- Before they're fully cooked, add the vegetables
- Mix the cornstarch in the broth
- Add it to the rest of the ingredients,
- Add the corn,
- Add the cooking cream and the salt and leave to cook for up to 20 mins
- Serve hot and enjoy!



Serving size
4-6 across



Preparation Time
15-20 Min



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