

*"Tastier with your touch
from iftar to suhoor .."*



*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

