



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



*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



Visit our Instagram page for the full video of recipe and other quick and tasty recipes