

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



*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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