

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



*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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