

## Broad beans in tahini sauce (فول بالطحينة)

A rich traditional Arabic dish, usually consumed for breakfast. It consists of cooked broad beans (fava beans) in tahini sauce. Tahini sauce can be used with other Middle Eastern dishes as well, such as Falafel.

### Shopping list (for 2 servings)

#### Tahini Sauce:

1 cup plain yogurt

2 Tbs tahini

½ a clove of garlic

¼ tsp salt

2 Tbs olive oil

Lemon juice to taste (I use 3 Tbs)

Spices: cumin, sumac, and ground chili flakes (as desired).

Chopped tomatoes and garlic for garnishing

#### Broad Beans (Fava Beans):

2 cups canned or fresh broad (Fava) beans



### Method

If you are using fresh broad beans, boil them in 1.5 litres of water until they are well cooked. Canned beans can be used directly

In a bowl, add the mashed garlic, salt, and tahini. Mix well

Add lemon juice, and mix well

Add the yogurt very gradually while mixing to form a smooth silky sauce.

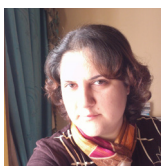
Note: You can replace half of the yogurt's amount with water for a lighter version

Add spices and mix

Drain the beans and add them to the tahini sauce, and mix.

Pour the mixture in your serving plate, and garnish with chopped tomatoes and parsley

Finish with a generous dash of olive oil – Bon appetit!



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One in a series of recipes contributed by our volunteers

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