



Foul

Servings: **2 servings**

Ingredients

FOUL MJDAMMAS (serves 2)

Ingredients:

- 1-1.5 cups fresh fava beans, boiled and double podded
- 1 clove garlic, crushed
- 2 Tbsp olive oil
- 2 tsp fresh lemon juice
- 1 Tbsp fresh parsley (I had to use dried)
- 1 tsp snipped fresh chives
- salt

Directions

Method:

Pod the broad beans, drop them into a pot of boiling water and cook for about 6 minutes. Drain and rinse in cold water until cold enough to handle. Remove the skin from each bean.

Lightly crush the beans and mix them with the garlic, oil, lemon juice and herbs. Check for seasoning and add salt to taste. Serve cold or warm with fresh pita bread.

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