

# RAWAN'S FOUL

BY RAWAN ABDAL

Served with za'atar bread or Lebanese flat bread.

## INGREDIENTS

<b>3</b>	400gms tins Fava Beans
<b>4</b>	Garlic Cloves (microplaned)
<b>400gms</b>	Onions (finely diced)
<b>1</b>	Green Capsicums (medium, finely diced)
<b>4</b>	Tomatoes (medium, diced)
<b>1</b>	Long red chilli (roughly chopped)
<b>2 tbs</b>	Cumin seeds, ground fresh
<b>2 tbs</b>	Coriander seeds, ground fresh
<b>Pinch</b>	Kashmiri Chili
<b>1</b>	Lemon (juiced)
<b>1 bunch</b>	Parsley

## GARNISH

-	A few sprigs mint
-	Extra Virgin Olive Oil

## METHOD

1. Over a medium heat, sautee garlic and onions until the onion is translucent, add in diced capsicum, chilli and tomatoes and cook until quite soft.
2. Add the drained fava bean, freshly ground cumin, coriander, Kashmiri chilli and cook out, then mash while in pan.
3. Take off the heat and finish with the lemon juice, chopped parsley & serve with a good glug of olive oil and fresh mint.