



Fava Bean Salad

This recipe was shared with me by my aunt and I just love it! The fava bean is one of my favourite legumes, and aside from enjoying its unique flavour, I also enjoy spending time cooking them from their dry state and peeling the skins after they're cooked. The repetitive nature of peeling can be very relaxing and therapeutic! The reality is that life is busy and most people don't have the time to cook and peel fava beans, so the following recipe has been simplified by using the canned version.



Serving
2



Prep
12 Minutes



Cook
12 Minutes



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- 19 oz can Large sized, canned fava beans (540 mL)
- ¼ cup Extra virgin olive oil
- 2 cloves Garlic, thinly sliced
- ½ cup Italian (flat) parsley, coarsely chopped
- ¼ tsp Salt
- ¼ tsp Ground black pepper or chili flakes (optional)

1. Using a can opener, open can of fava beans. Discard liquid by placing beans in a colander and rinse thoroughly using cold water. Allow to drain. Place beans in a medium bowl.
2. Using a chef's knife, crush garlic cloves, remove peel and hard ends. Finely mince the garlic. Add to the bowl of fava beans.
3. Pour extra virgin olive oil. Add chopped parsley, salt and pepper or chili flakes, if preferred. That's it!

DIETITIAN'S MESSAGE

Fava bean salad can be eaten with crusty bread. Do not cut back on the oil! Enjoy ending your meal by dipping the bread in the garlic-flavoured oil, which is something many Italians love to do at a meal.

Variation

This simple recipe can be made using small-sized fava beans. Substitute Italian parsley for curly or coriander and add a dollop of labneh.



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