



ROYAL
VOLUNTARY
SERVICE

MOROCCAN BISSARA

by Nadia Terry

SERVES 4

Ingredients

- **250g dry peeled fava beans/ you can also you frozen peeled fava beans.**
- **3 to 4 medium garlic**
- **1 tsp chilli (optional)**
- **1 tsp of cumin**
- **1 tsp of paprika**
- **Salt to taste**
- **3 to 4 tbsp olive oil**
- **750ml to 1L of water**
- **1tsp of harissa (optional)**

Equipment

- **A medium pan.**
- **A wooden spoon.**



**ROYAL
VOLUNTARY
SERVICE**

Method

- 1. In a pan soak the dry fava beans for as long as you can, rinse then put clean water about 750 ml to 1 litre**
- 2. Add the cumin and paprika**
- 3. Add the peeled garlic**
- 4. Add the olive oil**
- 5. Season with salt**
- 6. Boil until the beans are nice and mushy**
- 7. Give it a good stir. If needed, you can use a hand blender to blend**
- 8. Serve in a bowl with some drizzled olive oil and a sprinkle of paprika or cumin or chilli powder/harissa. With some crusty bread**
- 9. You can freeze the soup**

OUR THANKS TO NADIA TERRY FOR THIS GUIDE.

To find out more about the Virtual Village Hall and other online sessions please visit virtualvillagehall.royalvoluntaryservice.org.uk. Or to find out more about the Royal Voluntary Service go to royalvoluntaryservice.org.uk.



Registered charity 1015988 (England and Wales) & SC038924 (Scotland).
CS2665b_0720

Supported by players of



Awarded funds from

