



# deliciously lebanese tahini

Traditionally  
stone-ground  
100% Al Qadarif  
sesame seeds



**TAHINI:** The Al Qadarif region is renowned for growing the best quality, most flavoursome sesame seeds. Separation is natural, stir before use.

**INGREDIENTS:** Roasted **sesame** seeds (100%).

**ALLERGY ADVICE:** For allergens see ingredients in bold.

**BEST BEFORE:** See lid. Once opened, use within 6 months. Store in a cool, dry place.

*This Hummus recipe has been passed down through generations of Lebanese families.*

400g can of chickpeas (drained) or  
225g of dried chickpeas soaked over night  
2 garlic cloves, crushed  
½ tablespoon salt

4 tablespoons tahini  
5 tablespoons lemon juice (2 lemons)  
Soak dry chickpeas overnight; drain and sprinkle with 1 teaspoon sodium bicarbonate. Boil for 1 hour until very soft. Blend prepared, drained chickpeas. Add salt and garlic, then slowly blend in tahini and lemon juice. Serve with a drizzle of olive oil and a pinch of paprika.



NUTRITION	Typical values per 100 g
Energy (kJ)	2879
Energy (kcal)	688
Fat (g)	54
of which Saturates (g)	8.0
Carbohydrate (g)	21
of which Sugars (g)	0
Fibre (g)	9.0
Protein (g)	25
Salt (g)	0.35

300g



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