PERSIAN · LUNCH · DINNER

Adasi (Persian Lentil Soup with Golpar)

عدسی

80 min · plus 4–5 hours soaking the lentils · Serves 6 · 324 kcal a serve

Video 5:54 in Persian · Zange Ashpazi زنگ آشپزی

Vegan · Gluten-free ingredients · No nuts listed

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15 g protein and 13.5 g fibre a serve with about 23 g net carbs: slow-cooked lentils thickened only with their own purée, no flour or rice. Rich in folate and iron.

Diet notes: Low saturated fat (1.2 g, 3% of the energy); DASH-friendly (390 mg sodium a serve).

Ingredients 10 · SERVES 6

- [ ] 380 g small **brown or green lentils**, soaked
- [ ] 2 litres **water**, much of it absorbed or boiled off
- [ ] 1 large **onion**, very finely chopped
- [ ] **vegetable oil** for frying the onion (about 6 tbsp)
- [ ] 1 tsp **turmeric**
- [ ] ½ tsp **ground black pepper**
- [ ] 1 tbsp **tomato paste** (optional)
- [ ] **salt** to taste
- [ ] **golpar** (ground Persian hogweed seed), to sprinkle
- [ ] **Lemon juice**: lemon or Seville orange juice, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pick over and rinse the lentils, then soak them in cold water for 4–5 hours (at least 2–3), changing the water once or twice. 0:35
2. Drain the lentils into a pot with 2 litres of water. Bring to the boil with the lid ajar so it does not boil over, then cook about 30 minutes on steady medium heat. 0:58
3. Chop the onion very finely, then fry it in hot oil until golden. 1:38
4. Salt the lentils and cook another 15–30 minutes until completely tender; if you need more liquid, add only boiling water. 2:22
5. Stir 1 tsp turmeric into the golden onion and fry for a minute, then add the black pepper and tomato paste and fry until the paste darkens a little. 2:57
6. Stir the onion mixture into the lentils, cover and simmer gently 20–30 minutes until the excess water is absorbed and it turns thick and glossy. 3:50
7. For extra body, blend or mash a ladle of the lentils and stir it back in; simmer 2–3 minutes more. 4:37
8. Serve hot, sprinkled with golpar, with a squeeze of lemon or Seville orange. 5:25

> **Tip** A classic Iranian breakfast and winter supper, usually with warm flatbread; on its own it has fewer carbs. Serves 6 is our estimate. Chicken or meat stock can replace the water; a knob of butter on top is optional.

The method is a summary in our words, in English — the video (in Persian) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
324 kcal	15 g	37 g	14 g	14 g	390 mg
1,360 kJ	30% of a day	23 g net · 4.8 g sugars	48% of a day	1.2 g saturated	17% of a day
		13% of a day		18% of a day	

Energy from net carbs 33% · protein 22% · fat 45%

High in (20%+ of a day) Omega-3 81% · Folate 74% · Iron 32% · Zinc 20% · Vitamin B6 20%

Source of (10–19%) Vitamin E 18% · Potassium 15% · Magnesium 15% · Vitamin K 11%

Recipe and video: Zange Ashpazi زنگ آشپزی (@ZangeAshpazi) on YouTube — youtube.com/watch?v=E_XezM_F0pg, published 25 December 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/adasi-persian-lentil-soup