PERSIAN · LUNCH · DINNER

Aush Reshteh (Persian Bean, Herb and Noodle Soup)

100 min · Serves 5 · 529 kcal a serve · Video 7:07 · Pick Up Limes

Vegan · No nuts listed

Four kinds of legumes give each serve about 22 g of plant protein and 17 g of fibre, and it is rich in iron and folate from the beans, lentils and greens. Fully plant-based.

Diet notes: Low saturated fat (1.6 g, 3% of the energy).

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Ingredients 20 · SERVES 5

- [ ] ½ cup **dried chickpeas**, soaked overnight
- [ ] ½ cup **dried kidney beans**, soaked overnight
- [ ] **Lentils**: ½ cup dried brown or green lentils, soaked overnight
- [ ] ½ cup **dried mung beans**, soaked overnight
- [ ] 2¾ quarts **water**
- [ ] ⅓ cup **neutral vegetable oil**
- [ ] 2 medium **onions**, chopped
- [ ] ½ tsp **salt**, for the onions
- [ ] 8 **garlic** cloves, thinly sliced
- [ ] 1 tbsp **dried mint**
- [ ] 1½ tsp **ground turmeric**
- [ ] 3½ oz reshteh (Persian flour noodles) or linguine, snapped in half
- [ ] 1½ cups **fresh parsley**, finely chopped
- [ ] 1½ cups **fresh coriander**, finely chopped
- [ ] 1½ cups **spinach**, chopped
- [ ] 1 stalk **green onion**, thinly sliced (optional)
- [ ] 1½ tsp **salt**, plus more to taste
- [ ] 2 tsp **dried fenugreek leaves** (optional)
- [ ] a pinch of **black pepper**
- [ ] 1¼ cups **unsweetened soy yogurt**, to serve

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

Allergens found in the listed ingredients: Gluten, Soy. 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. Soak the chickpeas and kidney beans in one bowl and the lentils and mung beans in another, covered with plenty of water, overnight. Drain. 1:01
2. Bring the chickpeas and kidney beans to a boil in 2¾ quarts of water, skim off the foam, then cover and simmer gently for 50–60 minutes. 1:47
3. Meanwhile fry the onions with ½ tsp salt in the oil until lightly golden, add the garlic and cook until golden, then stir in the dried mint and turmeric for 20 seconds. Set some aside for the topping and tip the rest into the beans. 2:36
4. Add the lentils and mung beans, return to a boil, then cover and simmer for 15 minutes. 3:40
5. Add the noodles and cook for 7–8 minutes until al dente, adding a little water if the soup gets too thick. 4:28
6. Stir in the parsley, coriander, spinach, green onion, salt, fenugreek and pepper and cook 2–3 minutes. Serve topped with soy yogurt and the reserved fried onion and garlic. 4:59

> **Tip** Serves 5 (our estimate, from the cook's per-serving nutrition). Time excludes the overnight soak. Kashk is the traditional topping; a squeeze of lemon also works. Keeps 4 days in the fridge or 2 months frozen; add water when reheating.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
529 kcal	22 g	73 g
2,210 kJ	44% of a day	55 g net · 11 g sugars
		26% of a day

FIBRE	FAT	SODIUM
18 g	18 g	960 mg
63% of a day	1.6 g saturated	42% of a day
	23% of a day	

Energy from net carbs 47% · protein 19% · fat 34%

High in (20%+ of a day) Vitamin K 138% · Omega-3 93% · Folate 89% · Iron 36% · Selenium 32% · Magnesium 27% · Vitamin B6 26% · Zinc 25% · Vitamin E 22% · Vitamin C 21%

Source of (10–19%) Potassium 19% · Calcium 16%

Recipe and video: Pick Up Limes (@PickUpLimes) on YouTube — youtube.com/watch?v=7HM6Ha43wPg, published 28 January 2024. 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/aush-reshteh-persian-bean-noodle-soup