MIDDLE EASTERN · BREAKFAST · LUNCH

Ful Medames, Alexandrian Style

480 min · Serves 4 · 408 kcal a serve · Video 9:34 · Middle Eats

Vegan · Gluten-free ingredients · No nuts listed

Fava beans and lentils give each serve about 13 g of plant protein and 9.5 g of fibre plus folate, and the dressing is raw vegetables, lemon and olive oil, rich in vitamin C, with no added sugar.

Diet notes: Low saturated fat (3.4 g, 8% of the energy).

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Ingredients 14 · SERVES 4

- [ ] 1 cup **dried ful medames** (small whole fava beans), soaked 3 hours with ¼ tsp baking soda
- [ ] ¼ cup **red lentils** (optional)
- [ ] 1 **tomato** cooked with the beans + 2 small tomatoes, diced, for the dressing
- [ ] about ½ cup of the **bean cooking liquid**, kept with the beans
- [ ] ¼ tsp **ground cumin** in the pot + 1½ tsp in the dressing
- [ ] 1 small **red onion**, diced
- [ ] 2 **mild green chillies**, chopped
- [ ] 2 **garlic** cloves, minced
- [ ] 6–8 tbsp **olive oil** (3–4 tbsp per cup of ful)
- [ ] 4 tbsp **lemon juice** (2 tbsp per cup of ful)
- [ ] 1½ tsp **salt**
- [ ] 1 tsp **black pepper**
- [ ] 1 tsp **chilli powder**
- [ ] a little chopped **coriander or parsley** (optional)

Amounts in US 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. Soak the dried fava beans for 3 hours in plenty of water with the baking soda, then rinse and drain. 2:15
2. Put the beans in a pot with the washed lentils, a whole tomato and ¼ tsp cumin. Cover with about 4¼ cups of boiling water, bring to the boil, then cover and simmer on the lowest heat for 4–6 hours until the beans and their skins are tender. 2:44
3. Drain, keeping about half a cup of the cooking liquid with the beans; this makes roughly 2 cups of plain ful. 3:32
4. For the Alexandrian dressing, dice the tomatoes and red onion, mince the garlic and chop the green chillies. 4:19
5. Combine the warm ful with the vegetables, olive oil, lemon juice, salt, cumin, pepper and chilli powder. Mix well, taste and adjust, and finish with coriander or parsley. Serve warm with bread or pita. 4:36

> **Tip** Serves 4 is our estimate. The video dresses 1 cup of ful; the dressing here is doubled for the 2-cup batch. Short on time: warm 2 × 14 oz cans of cooked ful and go straight to the dressing.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
408 kcal	**13 g**	**37 g**
1,710 kJ	26% of a day	27 g net · 6.2 g sugars
		13% of a day

FIBRE	FAT	SODIUM
9.5 g	**25 g**	**890 mg**
34% of a day	3.4 g saturated	39% of a day
	32% of a day	

Energy from net carbs 28% · protein 14% · fat 58%

High in (20%+ of a day) Folate 47% · Vitamin C 32% · Vitamin E 29% · Vitamin K 29% · Iron 21%

Source of (10–19%) Magnesium 18% · Zinc 17% · Vitamin B6 17% · Potassium 15% · Omega-3 13%

Recipe and video: Middle Eats (@MiddleEats) on YouTube — youtube.com/watch?v=N8eMVqyR1I0, published 14 March 2021. 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/middle-eats-ful-medames