

Ful Medames

Ingredients:

500g dried fava beans (broad beans)
100g red lentils
1 x onion chopped
2 x garlic cloves chopped
2 tomatoes chopped
2 tbsp olive oil
3 tsp ground cumin
1 tsp salt
1 tsp ground black pepper
Zest and juice of one lemon

Relish:

3 tbsp chopped parley
1 clove of garlic crushed
2 tbsp chopped jalapeno chillies
2 tbsp chopped cucumber
1 tsp lemon juice
1 tbsp olive oil
Salt to taste

Method:

- soak fava beans and lentils in water over night
- add onions to olive oil and cook for 5-7 minutes. Add garlic tomatoes and seasoning. Cook for a further 5 minutes over med heat.
- Add beans to seasoning mix and cover with water. Bring to the boil then reduce heat to low and simmer for 3 hours or until beans are soft.
- serve with relish and dip with pita bread.