

Ful medames (Egyptian fava beans)

An easy and tasty Egyptian dish - classically for breakfast, great in mezze.

Prep Time 4 mins

Cook Time 8 mins

Total Time 12 mins

Course: Appetizer/Starter

Cuisine: Egyptian

Servings: 4 people

Calories: 367kcal

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Ingredients

- 2) 15.5oz cans fava beans (you may substitute chickpeas or lima beans if you cannot find fava beans)
- 2 tsp ground cumin
- 2 clove garlic (1 large or 2 small), crushed
- 4 tbsp lemon juice
- 4 tbsp olive oil virgin/extra virgin
- 2 dash salt
- 2 dash pepper

Instructions

1. Drain and rinse the fava beans and put in a pot of boiling water, covering the beans by a good ½" or more. Bring to a simmer and simmer for approx 5-8min until gently soft.
2. Drain the beans then put in a bowl with the cumin, crushed garlic, lemon juice, olive oil and a little salt and pepper. Mix all together, mashing some of the beans as you go so it forms a kind of spread/dip.
3. Serve topped with a little more oil, some parsley, red onion or add some tomato or hard boiled egg, as you prefer. Use as a dip or spread on bread.

Nutrition

Calories: 367kcal | Carbohydrates: 43g | Protein: 16g | Fat: 15g | Saturated Fat: 2g | Sodium: 32mg | Potassium: 587mg | Fiber: 11g | Sugar: 4g | Vitamin A: 30IU | Vitamin C: 6.9mg | Calcium: 86mg | Iron: 3.9mg