

Ful Medames



This breakfast dish common to North Africa and the Middle East is made with fava beans and warming spices then topped with a citrus-dressed chopped salad. Perfect for scooping up with warm fluffy flatbread

Ingredients

400g can fava beans (available online) or broad beans

1 small onion, finely chopped

2 garlic cloves, crushed

100ml olive oil

2 tsp ground cumin

1 tsp chilli flakes

2 large, ripe tomatoes, roughly chopped (or 200g can of chopped tomatoes, if tomatoes aren't in season)

½ lemon, juiced

2 tbsp tahini

Method

Drain the beans and rinse. Fill the empty, clean can with water and pour into a saucepan with the beans. Bring them to the boil to warm through, then take them off the heat.

Meanwhile, in a separate medium frying pan, gently fry the onion and garlic in all but a few tablespoons of the olive oil for 5 mins, then add 2 tsp sea salt flakes, the cumin, chilli flakes and tomatoes.

Drain the beans, reserving some of the cooking liquid. Add to the onion mixture and cook over a low heat for 30 mins, stirring often and adding some of the cooking liquid if it looks dry.

Using a potato masher, mash the beans with the remaining olive oil, lemon juice and tahini. The final consistency should be a chunky, soft purée. If it splits slightly, mix in a drop of cold water.