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ASH RESHTEH (PERSIAN NOODLE SOUP)

April 17, 2018 / By Shadi HasanazadeNemati / 19 Comments

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Ash Reshteh is a popular Iranian soup that's simple, easy and very flavorful. This vegetarian Persian soup is made with herbs, legumes and caramelized onion, perfect for any day of the year.



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Growing up, soup was a staple at our home and we would make different types of soup every week. If we wanted something quick, a soup like [turmeric red lentil soup](#) would be perfect and if we wanted to go for a hearty soup, we would cook our beloved [Persian eggplant soup](#) and if one of was sick, the [comfort chicken soup](#) would be the way to go.

But no matter what day of the year it was, if my maman made **Ash Reshteh**, we would all be giddy because this is everyone's favorite soup! A combination of herbs, legumes, and Persian soup noodles called **Reshteh**, topped with yogurt whey (kashk) and mint oil would make the perfect lunch for our family.

WHAT IS ASH RESHTEH?

Ash Reshteh also known as **Ashe Reshteh** is a delicious Iranian thick soup made of onion, chickpeas, pinto beans, lentils, herbs and noodles that is served with kashk (yogurt whey) and piles of fried onion and a drizzle of mint oil. You can find it in different restaurants in the US and in Iran, it's sold at shops that sell different types of Ash. How cool is that? We have shops that only sell soup and they're my favorite, especially the ones that have creamy, delicious Ash Reshteh.

Ash Reshteh is also commonly cooked on the thirteenth day of the new year called **Sizdeh Be Dar**. It's best when it's shared with many others. Don't ask me why, it just feels right when Ash Reshteh is eaten with more than five people. Trust me, some food is better when served to a large crowd. This Persian noodle soup is usually served in a large bowl and everyone will take as much as they want.

So many stories have been told among us when we had this soup; so many memories were made when we slurped the noodles. Now it's time to share this **Ash Reshteh** recipe with you.

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THIS IS A QUICK AND SUPER EASY ASH RESHTEH RECIPE!

This Ash Reshteh recipe, which you see here, is a quicker and much easier version of what is supposed to be a four to five hour long cooking process. First of all, I make this Iranian noodle soup using dried ash herb mix which you can find in Persian or Middle Eastern/Mediterranean shops or you can buy [online](#) (affiliate link).

Traditionally, this dish is made with chickpeas and pinto beans that are soaked in water overnight and then cooked with ash but I use canned beans and chickpeas to reduce the preparation and cooking time. Check the recipe notes to see how to make ash reshteh with fresh herbs and/or dried beans.

Next, to the onions: we have Persian soup noodles called *reshteh*. These are flat flour noodles and can be found either online (affiliate) or in Persian shops. If you don't have this kind of noodles, it's totally okay to use linguine or fettuccine.

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I have also used dried kashk, see [kashke badmjan](#) to read about kashk and how to use it. Basically you place the dried kashk in a bowl, cover it with hot water, let it sit for ten to fifteen minutes and then stir it. You can also buy liquid kash from middle eastern stores or [online](#) (affiliate link).



HOW TO MAKE ASH RESHTEH WITH DRIED HERBS?

Start with sauteing chopped onion until golden brown. Then add in the lentils, turmeric, salt and water. Bring it to simmer and cook for about fifteen minutes. Add in the herbs and cook for another thirty minutes. Once the herbs and lentils are cooked, add in pinto beans and chickpeas. Stir well over medium heat and add in the noodles. At this point, let the noodles cook for about ten to fifteen minutes and, voila, the soup is ready! Make sure to check the soup after ten minutes so the noodles don't get mushy.

You can either simply top the soup with some kashk and call it a day or you can go full Persian, **make some mint oil, caramelized onion and garlic** and top ash reshteh with all kind of goodness. However you do it, this Persian herb noodle soup is going to be your new favorite soup recipe!

HOW TO MAKE ASH RESHTEH WITH DRIED BEANS

It's super easy, but more time consuming. First of all, soak dried pinto beans and chickpeas in separated bowls overnight. Once you start making ash reshteh, proceed with the steps but add the beans and chickpeas with lentil after sauteing the onion. Let the legumes cook completely, then add in the herbs, cook for another thirty minutes and once they're cooked, add in the noodles and cook ten to fifteen minutes longer. Serve with kashk and extra toppings.



CAN I MAKE ASH RESHTEH USING FRESH HERBS?

Why yes you can! The main herbs used in ash reshteh are spinach, parsley and cilantro but if you have other herbs such as leek or green onions (the green part) add them too! You'll need one cup of each: spinach, parsley and cilantro, all chopped very well and thick stems removed. I always chop the thinner stems as they are full of flavor. Use them in ash reshteh recipe exactly the same way that you do with dried herbs.

More Recipes:

- [Turkish Yogurt Soup](#)

NOTES AND TIPS TO MAKE ASH RESHTEH

- I use water for this recipe as the herbs, legumes and yogurt whey have a lot of flavors. I *don't* recommend using chicken, beef or vegetable stock for this recipe.
- The amount of water you use for this recipe varies. Start with four to five cups and only add 1/2 cup water at a time if you feel that the soup is too thick. Note that this is a thick soup and the consistency should be as of chili.
- If you don't have kashk (yogurt whey) use sour cream or Greek yogurt instead.
- For this ash reshteh recipe, brown or green lentils are the recommended to use as red lentils will be too soft and will lose their shape.
- If Reshteh Ash (Persian noodle) is not available, use linguine pasta instead.

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full of nutrients and amazing flavors. It's a family recipe that will find its way into your heart with just one spoonful of happiness!



Ash Reshteh (Persian Noodle Soup)

Ash Reshteh is a popular Iranian soup that's simple, easy and very flavorful. This vegetarian Persian soup is made with herbs, legumes and caramelized onion, perfect for any day of the year.



Course	Main Course
Cuisine	Persian
Prep Time	15 minutes
Cook Time	1 hour
Total Time	1 hour 15 minutes

Servings	6 servings
Calories	300 kcal
Author	Shadi HasanzadeNemati

Ingredients

- 2 tbsp Canola Oil See Note #1
- 1 large Sweet Onion Diced
- 1/2 cup Brown Lentils
- 1/2 tsp Turmeric
- 1/2 tsp Salt
- 5 cup water
- 1 1/2 cup Ash Dried Herb Mix See Note #2

★★★★★
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- 8 ounce Persian Flat Noodles (Reshteh Ash) See Note #4

Topping:

- 4 tbsp Olive Oil divided
- 1 large Onion thinly sliced
- 4 cloves Garlic minced
- 2 tbsp Dried Mint See Note #5
- 1/2 tsp Turmeric
- 1 cup Liquid Kashk (Yogurt Whey) See Note #6

Instructions

1. Heat oil in a large pot over medium heat. Saute onion until golden brown.
2. Add in lentils and turmeric, salt and water, bring to boil and simmer over medium heat for about fifteen minutes, covered.
3. Add in the herbs (fresh or dried) and cover with the lid. Cook for another thirty minutes.
4. Once the lentils and herbs are cooked, add in beans and chickpeas. Stir and cook over medium heat for five to ten minutes.
5. Add in Persian flat noodles (Reshteh Ash) and stir. Cook for ten to fifteen minutes. Serve with kashk (yogurt whey) and toppings.

Topping:

1. Heat 2 tbsp olive oil over medium heat and fry the sliced onion and garlic until brown and caramelized.
2. In another pan, heat the remaining olive oil, saute turmeric and mint for 10 seconds.
3. Top Ash Reshteh with caramelized onion and garlic, mint and kashk (yogurt whey). Serve with more kashk if needed.

Recipe Notes

1. You can use olive oil, vegetable oil or ghee for this recipe.
2. You can find Ash Dried Herb Mix at Persian/Middle Eastern shops or [online](#) (Affiliate). You can also use one cup chopped fresh spinach, one cup chopped parsley and one cup chopped fresh cilantro. Use them in the recipe just like the dried herbs.
3. You can use 1/2 cup dried chickpeas and 1/2 cup dried pinto beans. Soak them in water for eight hours and add them to the sauteed onion with the lentils. Add water and proceed with the recipe.
4. You can find Reshte Ash [online](#) (Affiliate). You can also use linguine.
5. You can find dried mint at Persian/Middle Eastern shops or [online](#) (Affiliate).
6. You can find kashk at Persian/Middle Eastern shops or [online](#) (Affiliate).

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COMMENTS

[Veena Azmanov](#)

April 17, 2018 at 12:01 pm

mmm ... this soup looks incredible! Very interesting combination of ingredients. I think this will be one of my favorites.

I really like! I definitely want to try it and I'm sure it is very tasty! Thank you for sharing this great recipe! Yum!

REPLY

Shadi HasanzadeNemati

April 19, 2018 at 7:09 am

Glad you like it Veena!

REPLY

[Kristine](#)

April 17, 2018 at 1:08 pm

This soup sounds mouthwatering! I love using chickpeas in soup! Delicious! Pinning – thanks!

REPLY

Shadi HasanzadeNemati

April 19, 2018 at 7:10 am

Hope you try it and enjoy!

REPLY

[Leslie](#)

April 17, 2018 at 1:48 pm

This sounds intriguing! I've never heard of this, but I'd love to try it. I'll have to find the ash dried herb mix. The color is remarkable!

REPLY

Shadi HasanzadeNemati

April 19, 2018 at 8:38 am

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...has them so

REPLY

[Claudia Lamascolo](#)

April 17, 2018 at 1:52 pm

this looks so comforting I could use a big bowl right now its a bit chilly here!

REPLY

[Shadi HasanzadeNemati](#)

April 19, 2018 at 8:37 am

It's perfect for cold weather!

REPLY

[Caroline / Caroline's Cooking](#)

April 17, 2018 at 2:46 pm

Coming from the UK, that also has a bit of a thing for soup (due to the weather, I guess!) it's probably not a surprise that we also had some shops that sold just soup and sandwiches (another national obsession). Sadly never anything as delicious-looking as this, though – I love the sound of the flavors in here, and the heartiness with the beans. Yum!

REPLY

[Shadi HasanzadeNemati](#)

April 19, 2018 at 7:08 am

Thank you Caroline! Yes, soup shops are what I miss the most, too! Maybe we should get together and make some 😊

REPLY

[Cheapcustomessays](#)

April 18, 2018 at 12:23 am

I've never heard of kashk before, which is probably why some middle eastern dishes seem so exotic to me I see you mention yogurt though – so that's completely do-able. I want to try this.

REPLY

[Shadi HasanzadeNemati](#)

April 18, 2018 at 5:34 am

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REPLY

Danielle

April 20, 2018 at 6:04 am

I am totally loving this recipe! I like to make healthy weekday lunches and dinners, and this would be perfect. I love the flavors and it sounds very easy to make. YUM!

REPLY

Shadi HasanzadeNemati

April 20, 2018 at 7:07 am

Thank you Danielle! I hope you make this soup and love it!

REPLY

Helen at the Lazy Gastronome

May 20, 2018 at 10:34 am

I've pinned this one, I have to try it. It looks amazing! I'd be honored if you shared this at our recipe blog hop – <http://www.lazygastronome.com/whats-for-dinner-sunday-link-up-149/>

REPLY

Antonia

June 27, 2018 at 4:53 am

This is a fabulous recipe...i have made it twice and its awesome. Filling, nutritious and it tastes fabulous

REPLY

Shadi HasanzadeNemati

June 27, 2018 at 6:02 am

I'm so glad you like it Antonia!

REPLY

Tanesa

January 24, 2019 at 12:26 pm

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great recipe. Thanks for sharing. I was wondering how it will turn out if I use fresh herbs. Should I sauté them first or just add to water?

REPLY

Shadi HasanzadeNemati

January 24, 2019 at 2:39 pm

Hi Tanesa! You can easily add them directly to water 😊 Enjoy!

REPLY

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