

# Afghan Cuisine

with Nadia Ghulam



## VEGETARIAN MENU

**Palau:** Steamed rice with vegetable broth and cumin. This is the most common dish in Kabul.



**Sapzi Palak:** Spinach with leek, garlic, and olive oil, prepared in the Kabul style. (Spring dish)



**Lubia Masala:** Red beans with tomato sauce, onion, garlic, and spices.



**Black tea with cardamom and lemon:** A common drink in Afghanistan. It is very digestive and pairs well with this meal.

