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Categories: Dips, spreads & salsas;

Appetizers / starters; Small plates -

tapas, meze; Lebanese; Vegan;

Vegetarian Ingredients: bulgur; spring onions; avocados; marjoram; dried mint;

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ground cumin; walnuts

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As a main course, consider Lamb-Stuffed Zucchini (Koosa), which features a cinnamon-spiced tomato sauce. Or try Kibbeh, made from a blend of cooked bulgur wheat, mint and chopped onions combines with ground lamb and served with tahini. Lamb Shawarma is another popular choice, made from yogurt-marinated strips of lamb.



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Lebanese style ful (cooked fava beans) is a slow cooked mash of brown beans and red lentils dressed with lemon, olive oil, cumin and is best served with various vegetables and pita/khubz. Riz bil-Foul is another dish with fava beans,

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seasoned with various spices and served with rice.

### **Lebanese cuisine - Wikipedia**

Beschreibung The Lebanese love vegetables and vegetarian dishes are the most important part of their delicious cuisine. With its focus on vegetables, fresh fruit, pulses, nuts,

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herbs and spices, the Lebanese diet is known to be one of the healthiest in the world.

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