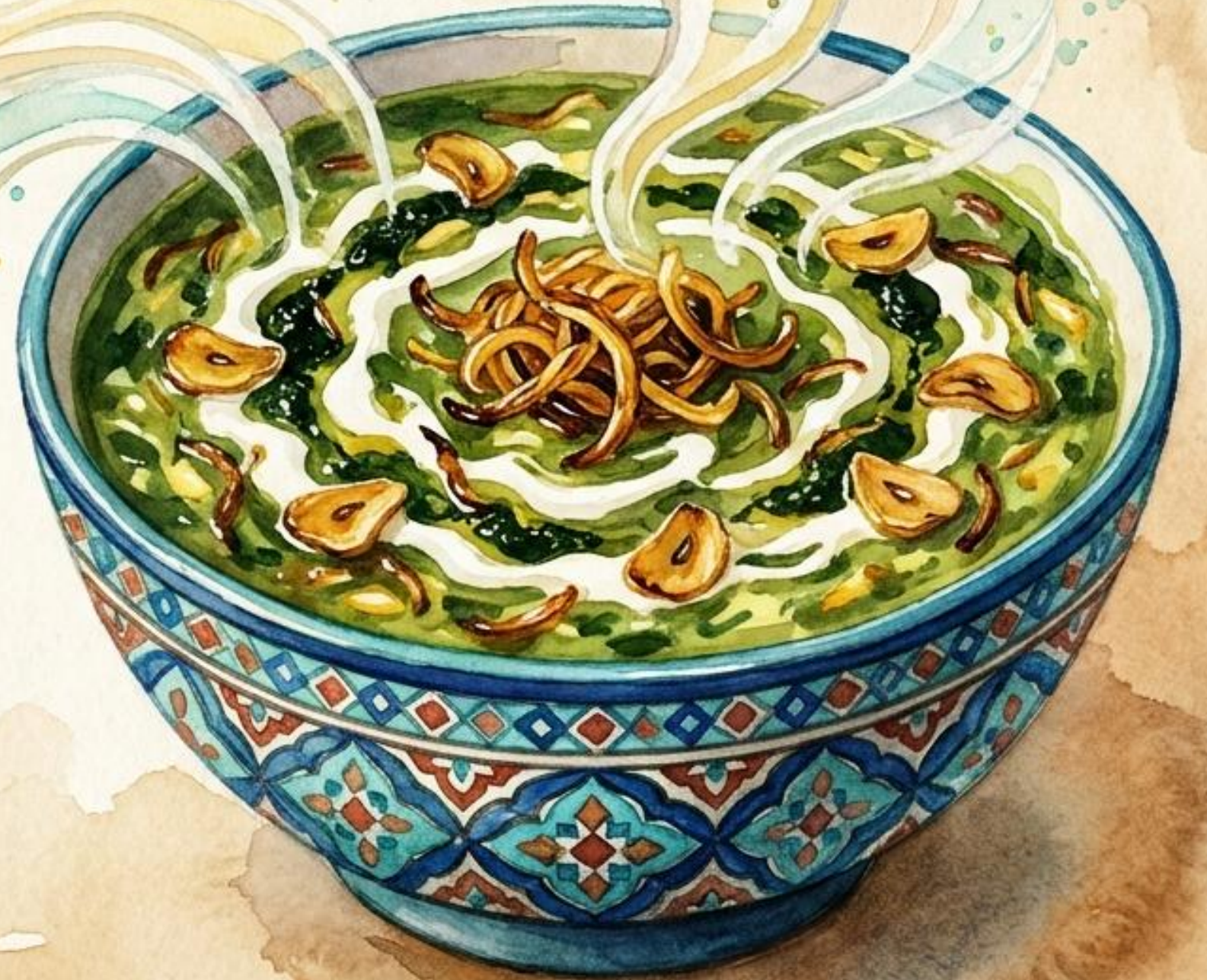


Ash Reshteh

آش رشته

The Comforting Heart
of Persian Gatherings.

www.learnoteach.com

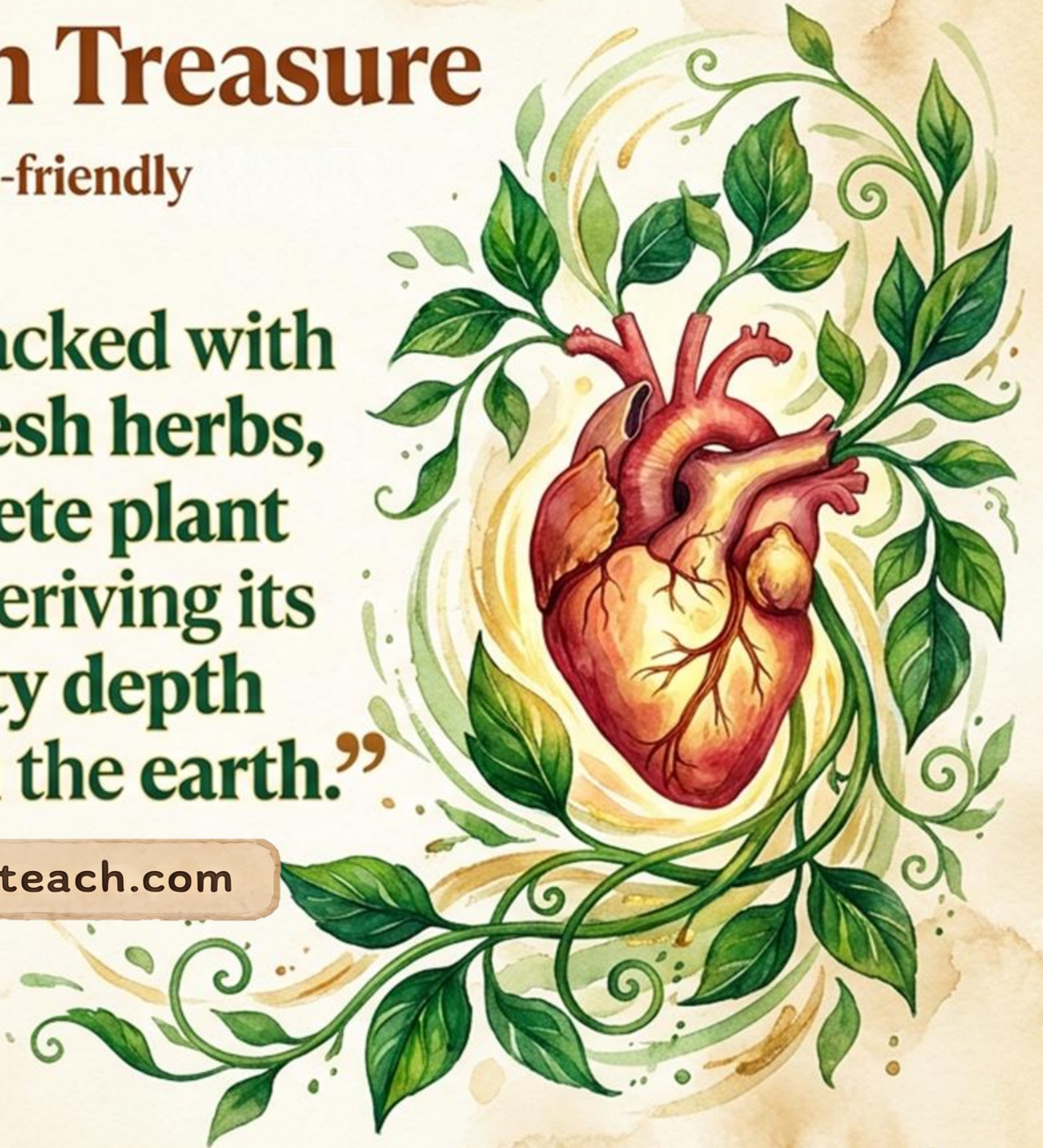
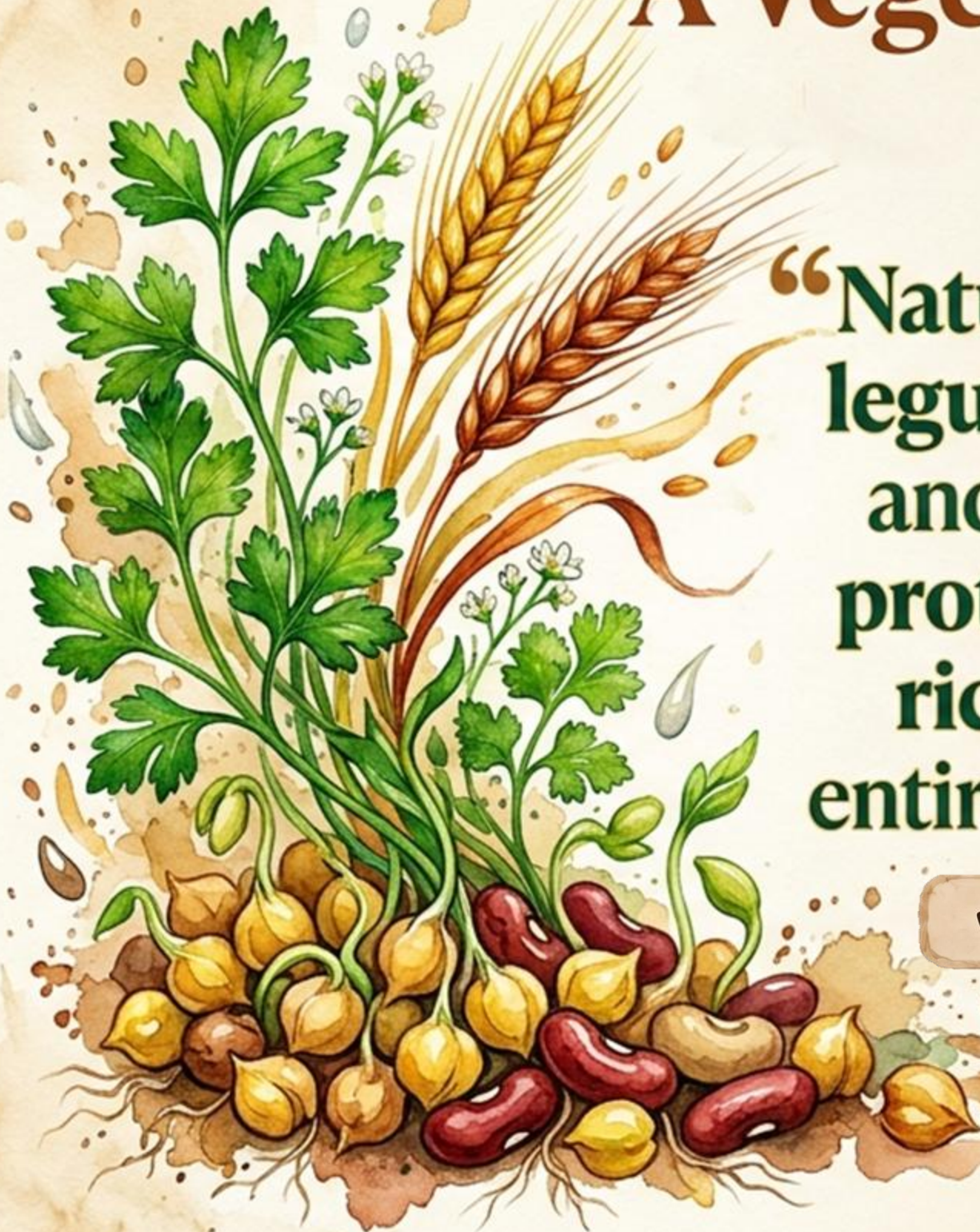


A Vegetarian Treasure

Vegetarian-friendly

“Naturally packed with legumes, fresh herbs, and complete plant proteins—deriving its rich, hearty depth entirely from the earth.”

www.learnoteach.com



• **Chickpeas & Kidney Beans**
| Nakhod va Lobia (نخود و لوبیا)



• **Fresh Herb Mixture**
| Sabzi Ash (سبزی آش)



• **Traditional Soup Noodles**
| Reshteh (رشته)



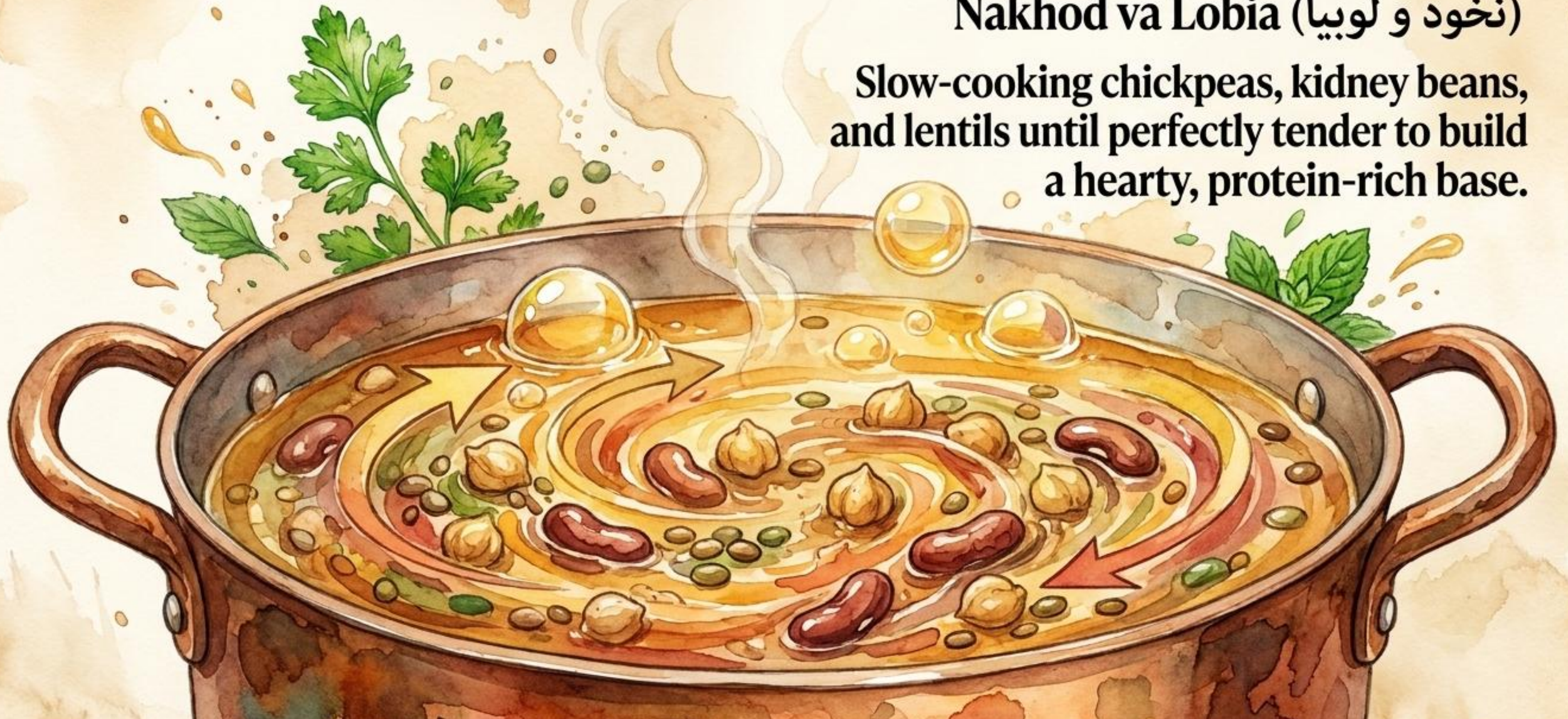
• **Creamy Fermented Whey**
| Kashk (کشک)



Simmering the Legumes

Nakhod va Lobia (نخود و لوبیا)

Slow-cooking chickpeas, kidney beans, and lentils until perfectly tender to build a hearty, protein-rich base.



The Herb Garden

Sabzi Ash (سبزی آش)

Folding in mountains of vibrant parsley, cilantro, spinach, and dill to transform the broth into a fragrant emerald elixir.



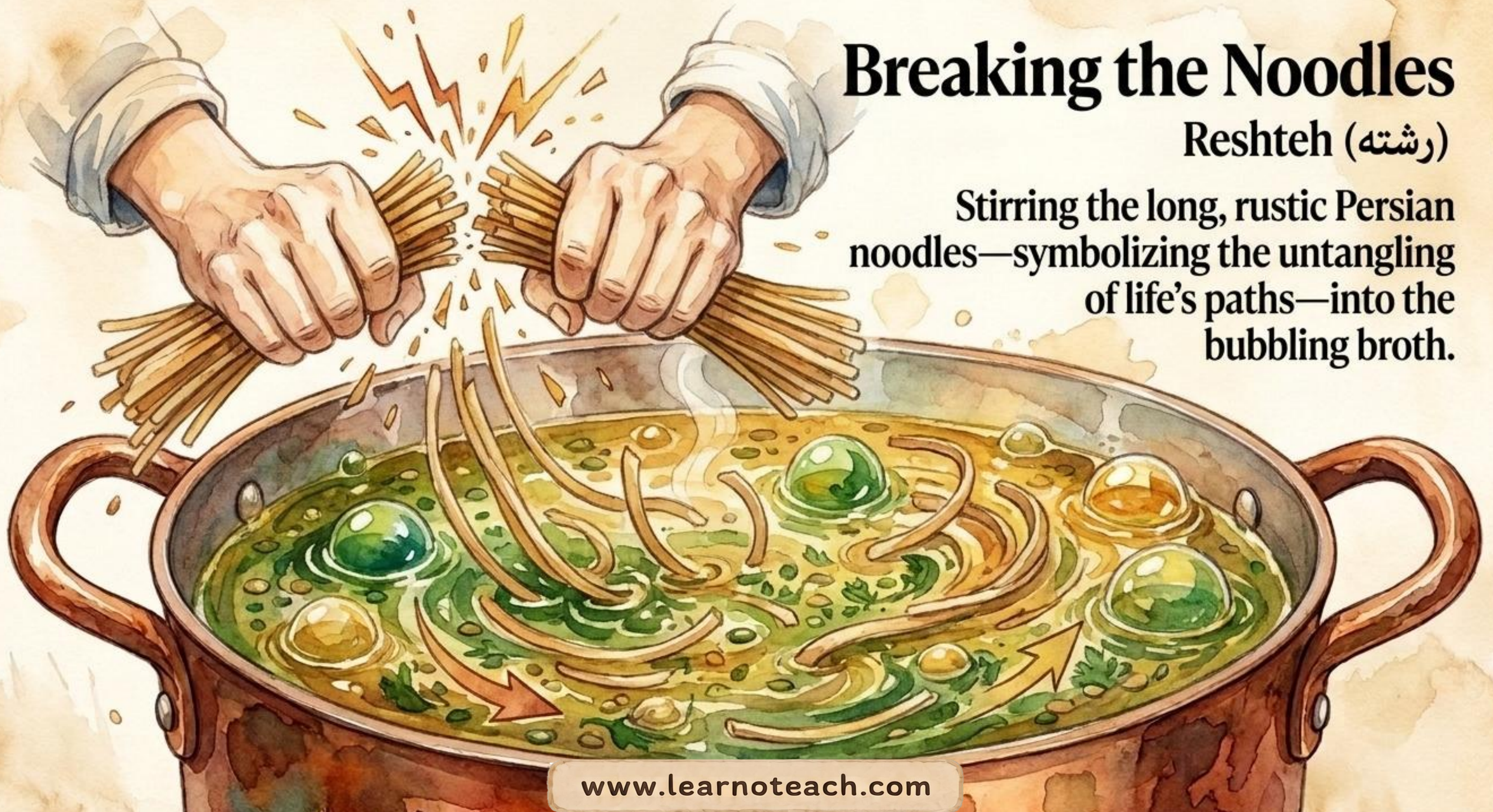
www.learnoteach.com

By Mozghan

Breaking the Noodles

Reshteh (رشته)

Stirring the long, rustic Persian noodles—symbolizing the untangling of life's paths—into the bubbling broth.



Golden Sizzled Aromatics

Piaz Dagh, Sir Dagh & Na'na Dagh (پياز داغ، سير داغ و نعناع داغ)

Frying crispy onions, garlic chips, and sizzled mint with turmeric to create flavor bombs.

www.learnoteach.com



Stirring in Kashk

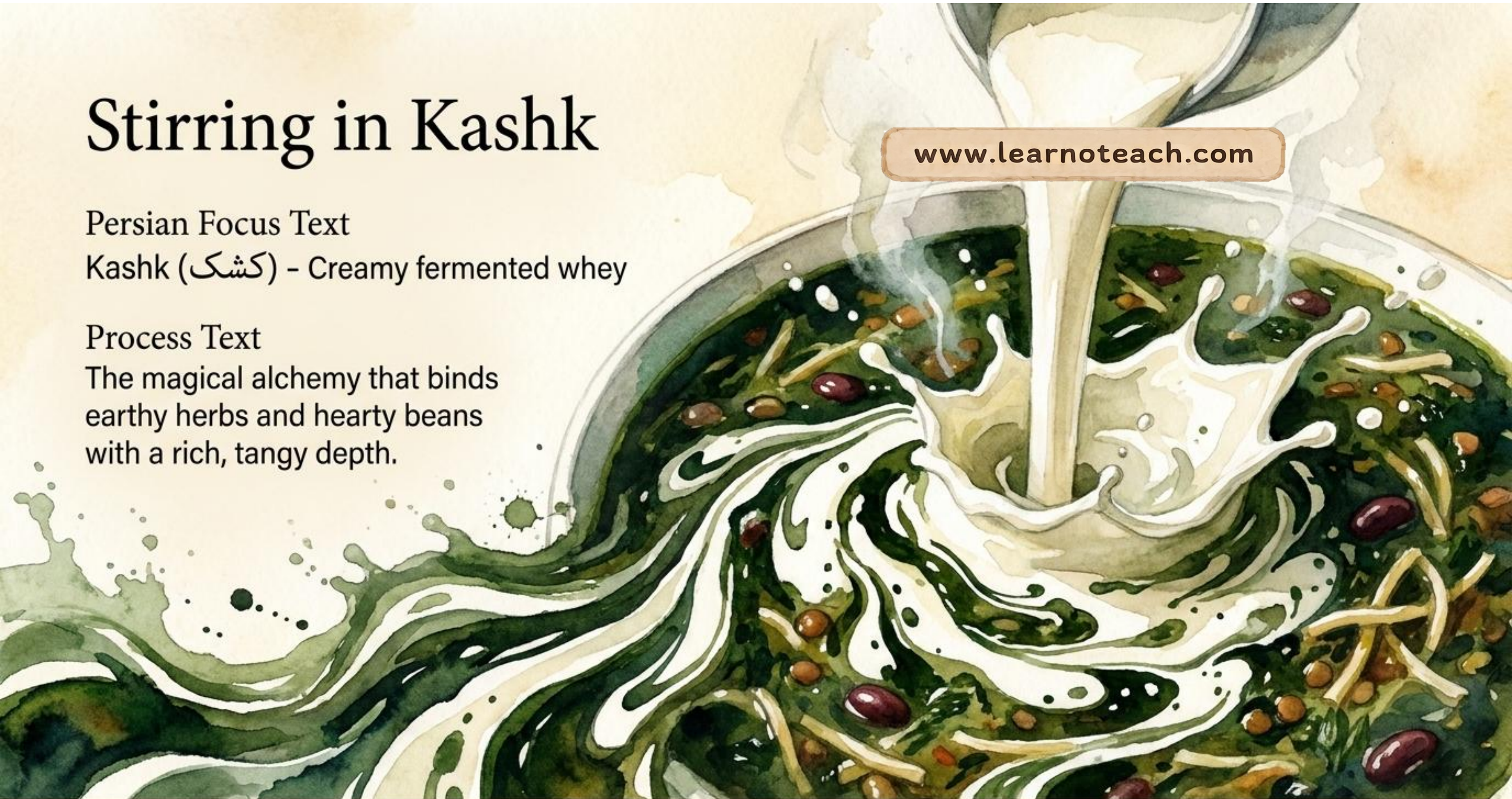
www.learnoteach.com

Persian Focus Text

Kashk (کَشک) - Creamy fermented whey

Process Text

The magical alchemy that binds earthy herbs and hearty beans with a rich, tangy depth.



For a 100% plant-based modern variation, vegan yogurt or cashew cream acts as an excellent substitute for traditional whey.

By
Mozhgan

The Art of Decoration

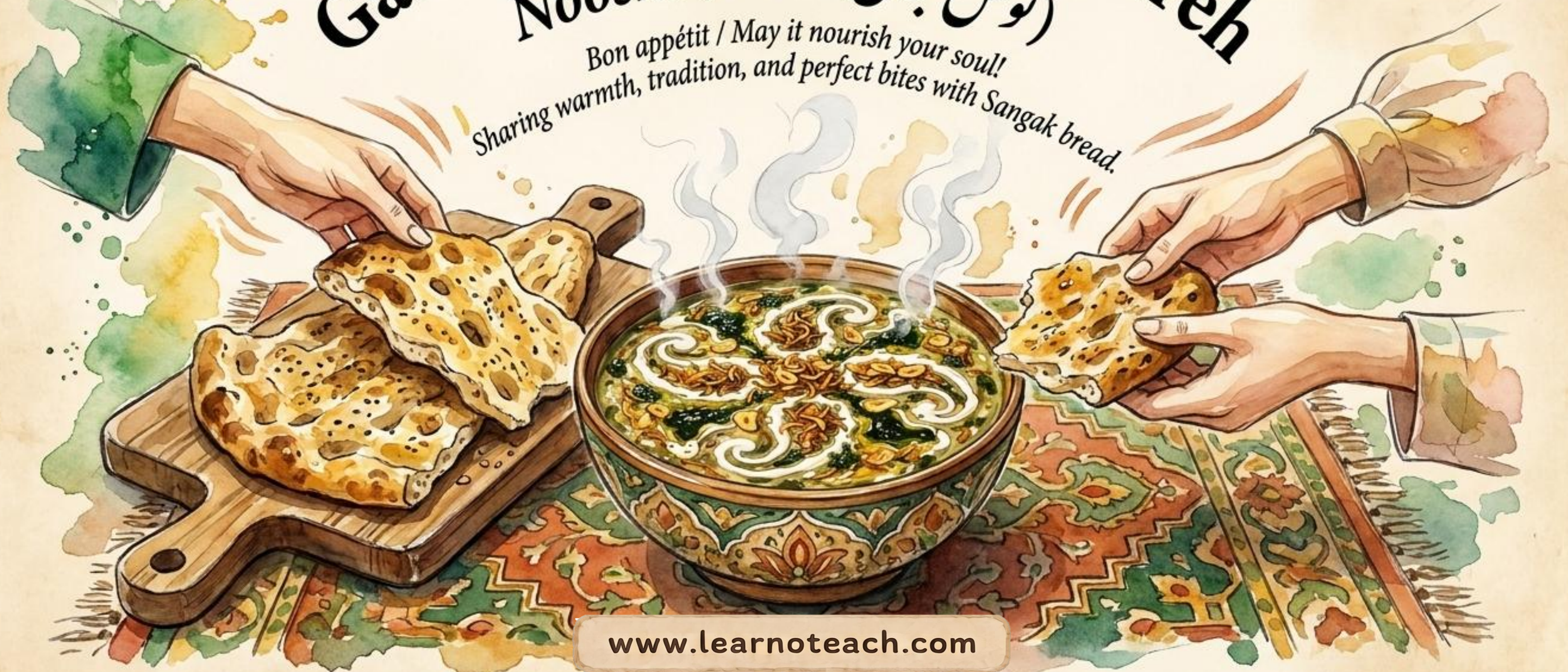


In Persian hospitality, the garnish is never an afterthought—it is a geometric expression of love.

By Mozghan

Gathering Around the Sofreh Nooshe Joon (نوش جان)

Bon appétit / May it nourish your soul!
Sharing warmth, tradition, and perfect bites with Sangak bread.



www.learnoteach.com

By Mozghan