
PARK ESTATE EMERALD GREEN SPECIAL OP BULGUR FALAFEL WITH GREEN TEA SALT



Food : Main Courses

Ingredients

- 75g fine Bulgur wheat
- 2 medium potatoes peeled and cut into chunks
- 125g dried green lentils rinsed
- 75g breadcrumbs
- 1 small bunch parsley
- 1 small bunch mint
- 20g Park Estate emerald green special OP tea
- 1 medium onion finlet chopped
- ½ tsp. PKs seven spice mix
- ½ tsp. ground cumin
- 5 tbsp. olive oil
- Salt and pepper

Methods

Prep time 20 mins & 6-8 mins to cook

- Soak the bulgur in ½ cup boiling water for 15 mins and then drain
- Boil potatoes in salted water till soft
- Drain and place back in the pot, off the stove with a lid to steam
- Wash the lentils and then cook in plenty of water till soft, drain and add the tea, cover and set aside
- In a blender or food processor combine, \ potatoes, lentils, bulgur wheat, ½ tsp pepper and all the remaining ingredients except 2 tbs of oil.
- Mould into 8 patties, lightly flour then and cook in the olive oil till golden on each side.
- Serve in a burger with lettuce and tomatoes; serve with a cup of Dilmah Park Estate Emerald Green tea.

The range of Dilmah Tea used :

- Dilmah t-Series Designer Gourmet Teas

The variety of Dilmah Tea used in the recipe :

- t-Series Park Estate Emerald Green Special OP