

Park estate Emerald Green special OP Bulgur falafel With green tea salt



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Park Estate Emerald Green Special OP Recipes

Ingredients

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- 2 tbsp. green tea
- 1 tsp. dry garlic granules
- 2 tbsp. kosher salt

PK's seven spice mix

PK's seven spice mix

- 2 tbsp. ground all spice
- 3-½ tablespoons pepper
- 2 tbsp. spoons ground cinnamon
- 4 tbsp. Park Estate Emerald Green Special OP ground fine
- 2tbsp. ground fenugreek
- 1 tbsp. ground ginger

Park estate Emerald Green special OP Bulgur falafel

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- 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 and Directions

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- Blend tea and garlic
- Add salt and mix
- Serve in a burger with lettuce yoghurt and tomatoes; serve a small bowl of tea salt on the side.

PK's seven spice mix

PK's seven spice mix

(Prep time 5 mins)

- Mix all ingredients together and store in an airtight container.

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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.