Whole Grain Bean Salad with Fresh Herbs, Moroccan Mint Tea, Fennel and Turmeric

0 made it | 0 reviews

Peter Kuruvita

- Sub Category Name
  - Food
  - Appetisers
  - Sorbets
- Recipe Source Name
  - Immunity Inspired by Tea Recipes
- Festivities Name
  - Autumn
  - Spring
  - Summer
  - Winter

Used Teas

t-Series Moroccan Mint Green Tea

Ingredients

Whole Grain Bean Salad with Fresh Herbs, Moroccan Mint Tea, Fennel and Turmeric

- 2 tsp. Dilmah Moroccan Mint Tea

- 2 sprigs fresh mint, torn
- ¼ cup olive oil
- 3 tbsp. lemon juice (½ lemon)
- Small pinch red chilli flakes
- 1 small knob of fresh turmeric, grated
- 1 cloves garlic, grated
- pinch salt
- grated black pepper
- 1 can 375g each red kidney beans, rinsed and drained
- 1 can 375g chickpeas, rinsed and drained
- 1 small red onion, diced
- 1 sprig mint
- 1 medium cucumber, peeled, seeded and cut into strips
- 1 small head of fennel, finely sliced
- 2 stalks celery, sliced in half or thirds lengthwise and chopped
- 1 mandarin segmented
- ¾ cup fresh parsley

Methods and Directions

Whole Grain Bean Salad with Fresh Herbs, Moroccan Mint Tea, Fennel and Turmeric Lemon dressing

- In a small bowl, whisk together the Dilmah Moroccan Mint Tea, turmeric, olive oil, lemon juice, garlic, salt and pepper flakes until emulsified.
- Add beans and all the other ingredients in the order above and mix well.
- Serve immediately for the most flavour, or let it marinate in the refrigerator, covered, for a couple of hours or longer. Leftovers should keep well, covered and refrigerated, for several days. If necessary, revive leftovers with a little sprinkle of salt or drizzle of lemon juice!

ALL RIGHTS RESERVED © 2024 Dilmah Recipes| Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 25/04/2024