



Green Tea Vegetable Shammi

All the flavour plus the goodness

Ingredients

15 Tetley Green Tea bags

120 grams Beans

120 grams Carrot

120 grams Boiled Potatoes

40 grams Coriander roots chopped

1 tablespoon Jeera powder

1 tablespoon Chaat Masala

1 tablespoon Chilli flakes

Salt (to taste)

25 grams Chopped garlic

1 tablespoon Ghee

150 grams Chana dal boiled

Directions

Boil carrot and beans in Tetley Green Tea water and drain the vegetables.

Mince it with boiled potatoes.

Mash boiled cholar dal and mix it with the vegetables.

Take saucepan, add ghee, garlic, chilli flakes, chopped coriander and jeera powder and saute for 15 mins until it gets thick. Add salt.

Make patties around 120 grams each and sear on hot plate. Serve hot.

Try this Green Tea recipe with your evening cup of cha to enjoy the [goodness of Green Tea](#) along with the perfect flavour of all the exotic spices!