



# Tetley Green Tea

# Poached Shrimp

The goodness of Green Tea can be found in more than just a beverage. Serve this delicious, healthy, fat free appetizer at your next cocktail party.

## Ingredients

- 3 bags
- 2 tsp (10 mL) - lemongrass paste
- 1 piece (1-inch/2.5 cm) - fresh ginger, sliced
- 2 - cloves garlic, sliced
- 8 - Szechuan or black peppercorns
- 1 lb (500 g) - large shrimp (31 to 40 count), peeled with tails intact

## Dipping Sauce:

- 2 tbsp (30 mL) - Thai sweet chili sauce
- 1 tbsp (15 mL) - each lime juice and honey
- 1 tsp (5 mL) - finely grated lime zest
- 1 tsp (5 mL) - minced fresh ginger

- Preparation time: 10 minutes

- Total time: 10 minutes
- Difficulty: Easy

## Directions

The goodness of Green Tea can be found in more than just a beverage. In this recipe, **Tetley Pure Green Tea** provides a low sodium yet tasty alternative to broth for poaching shrimp. Serve this fat free appetizer at your next cocktail party and your body conscious friends will applaud you.

- Combine 3 cups (750 mL) water, tea bags, lemon grass, ginger, garlic and peppercorns in a medium skillet set over medium heat.
- Bring to a gentle boil; remove the tea bags and reduce heat to maintain a gentle simmer.
- Add the shrimp and cook, stirring occasionally, for 2 minutes or until no longer opaque.
- Remove the shrimp to a paper-towel lined plate.
- Reserve 2 tbsp (30 mL) poaching liquid.

### Dipping Sauce:

- Whisk the reserved poaching liquid with the chili sauce, lime juice, honey, lime zest and ginger.
- Serve the shrimp with the dipping sauce on the side.
- Makes 6 servings.

### Tetley Tips:

- Lemon grass paste can be found in the refrigerated herb section of the supermarket.
- For added flavour, substitute Tetley Honey Lemon Ginseng Green Tea for the Pure Green Tea.
- Serve the shrimp as an appetizer or double the sauce and toss with rice noodles and thinly sliced celery, red pepper and carrots for a quick Asian inspired noodle salad.

*\*Per serving (about 6 shrimp with sauce): 44 calories, 0 g fat, 0 g saturated fat, 45 mg cholesterol, 86 mg sodium, 6 g carbohydrates, 0 g fibre, 5 g sugars, 5 g protein.*