

## Prawn Salad With Green Tea Pesto



0 made it | 0 reviews



Ray Mcvinnie

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
The Chefs and the Tea Maker - 2014



### Used Teas



Vivid Naturally Pure  
Green tea

### Ingredients

#### Prawn Salad With Green Tea Pesto



- 3 tbsp Dilmah Vivid Ceylon Whole Leaf Green Tea
- 1/2 tsp salt
- 4 tbsp lime juice
- 1 hot green chilli, sliced
- 1 tbsp finely chopped ginger
- 6 tbsp roasted cashews
- 1 tbsp sesame oil
- 3 tbsp Thai fish sauce
- 1 tbsp castor sugar
- 12 baby Cos lettuce leaves
- 12 cherry tomatoes, halved
- 1 firm mango, peeled and sliced
- 18 large raw, peeled prawns, butterflied
- 2 tbsp vegetable oil
- 1 tbsp sesame seeds, toasted
- 4 tbsp unsalted peanuts, chopped and roasted
- Mint and coriander leaves for serving

## Methods and Directions

### Prawn Salad With Green Tea Pesto

- Infuse the tea leaves in 250ml of boiled water, strain.
- Place the tea leaves in a large bowl, cover well with cold water and reserve for 12 hours.
- Strain and discard the water.
- Pick the leaves over to remove any twigs.
- Place the leaves in a small food processor with salt, 1 tablespoon of lime juice and ginger and grind to make a coarse paste.
- Ferment for 48 hours in an airtight container at room temperature.
- Place the tea leaf mixture back in the food processor and add 2 tablespoons of cashews and the sesame oil.
- Process until creamy.
- Taste and season with salt if necessary.
- Reserve.
- This is the pesto.
- In a bowl, mix the remaining lime juice, fish sauce and sugar until the sugar dissolves.
- Reserve.
- This is the dressing.
- Place 2 Cos leaves on each of 6 plates and cherry tomato halves and mango slices on the Cos leaves.



- Season the prawns, brush with the vegetable oil and grill or pan fry.
- Remove from the heat and place 3 per plate.
- Dot the pesto around the salad.
- Drizzle some dressing and sprinkle the extra cashews, the sesame seeds and peanuts over everything.
- Scatter a few mint and coriander leaves on top and serve.

ALL RIGHTS RESERVED © 2026 Dilmah Recipes| Dilmah Ceylon Tea Company PLC Printed From  
[teainspired.com/dilmah-recipes](https://teainspired.com/dilmah-recipes) 18/02/2026