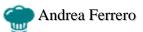


# Sencha Green Tea Poached Prawns With Vegetables, Avocado And Unusual Herbs





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I work a lot with Dilmah's specialty teas like Ceylon Silver Tips and the Sencha green tea.

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

### **Used Teas**



Sencha

## **Ingredients**

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- 1 avocado
- 200g watermelon
- 8 carrots
- 4 baby leeks
- 50ml raspberry juice
- Olive oil
- Salt
- Garden herbs

### **Methods and Directions**

### Sencha Green Tea Poached Prawns With Vegetables, Avocado And Unusual Herbs

- Infuse water with the Sencha tea.
- Add salt.
- Mix the avocado with the oil until it becomes a very thin purée.
- Boil the carrots and the leeks in the Sencha green tea infused water.
- Boil the prawns for few second in the tea, and chill them in chilled Sencha green tea water.
- Cut watermelon into small cubes.
- Compose the dish as shown in the picture.
- Roughly mix the olive oil and the raspberry juice and pour over the prawns and vegetables already assembled in the plate.
- Decorate with wild herbs.

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