

fish with a tea sauce

Serves: 4

Prep and Cook time: 40 min

Per serving: 265 calories, 5 g fat, 81 mg sodium

2 cups water

1/2 tsp red pepper flakes

4 bags of tea (any flavor)

1 TBS butter

4 fish filets (4-6 oz each),

Fresh juice of 1 lime
or 2 TBS of bottled
lime juice

1/2 cup sugar

seasoned with salt and
pepper (halibut, cod, tilapia,
or any white fish)

1/2 cup mint leaves
(optional)

1. If you are broiling your fish, preheat the broiler now and place a piece of aluminum foil on top of a baking sheet. If you are sautéing your fish, go to step 2 now.
2. Combine the water and sugar in a small pot and bring to a boil. Add the tea bags, remove the pot from heat, and steep for 10 minutes.
3. Remove the tea bags from the pot, add the lime juice, and reduce the tea over high heat for about 15 minutes. The sauce should coat a wooden spoon when ready. If you want a softer, less pungent flavor, steep the tea for about 8 minutes.
4. Once the sauce is ready, take the pot off the heat and stir in the mint leaves and pepper flakes once the tea has stopped boiling. Keep the mint in the sauce only for 2 minutes, then remove the leaves. Set the sauce off to the side.
5. Brush the tea sauce onto the seasoned fish. If you are broiling your fish, put your fish on the baking sheet and broil for about 10 minutes, glazing 1-2 times while it is cooking. The fish should easily flake with a fork when ready. If you are sautéing your fish, place 1 TBS of butter in a large skillet over medium-high heat. Once the butter has melted, put the fillets in the pan. Cook the fish for 2 to 3 minutes on each side. When the fish is flipped, brush the fish with the glaze again.
6. Once the fish is ready, remove from the pan or baking sheet and serve immediately. You can garnish your fish with lime wedges and the mint you used in the sauce.