



### Calmer Sutra Peppermint Tea and Ginger Infused Honey

*Peppermint Tea:* This blend of peppermint leaves with a hint of sweet lemon myrtle is refreshing with subtle citrus notes. It's perfect for refreshing your body, settling an upset stomach, and helping to restore a sense of calm at the end of a long day.

*Ginger Infused Honey:* Smooth and sweet, our double blended honey dances with its freshest partner, ginger root, in this palate pleasing blend. It's sweetness with a calmer KICK!



### Ingredients

Serves 4

- ◆ 3/4 cup of water
- ◆ 1 tbs. Calmer Sutra Peppermint Tea
- ◆ 4 scallions, white and pale green only, chopped
- ◆ 3 tbs. canola oil, divided
- ◆ Zest of one lemon
- ◆ Juice of 1/2 lemon
- ◆ 1 tbs. low salt soy sauce
- ◆ 1 tbs. Calmer Sutra Ginger Infused Honey
- ◆ 1 tbs. chopped fresh ginger root
- ◆ 3 garlic cloves, minced
- ◆ 4 boneless, skinless chicken breasts

### Instructions

1. Heat the water over high heat to a simmer. Pour over the tea leaves and steep for 5 minutes. Strain the tea mixture through a fine sieve into a bowl, and discard the tea leaves. Add the scallions, 2 tbs. canola oil, lemon zest and juice, soy sauce, honey, ginger and garlic. Stir to combine and place over a bowl of ice water to cool.
2. Make 4 to 5 diagonal cuts 1/4" deep across each chicken breast half. Pour marinade into a zip lock bag, add chicken and massage the chicken with the sauce, turning occasionally and refrigerate overnight.
3. Remove the breasts from the marinade and pat dry. Place the marinade in a small saucepan and bring to a boil over high heat. Reduce to a simmer.
4. Heat the remaining tablespoon of oil in a large skillet over medium high heat. Add the chicken to the skillet without crowding and cook until browned, 3 – 4 minutes. Turn the breast and continue cooking until the juices run clear when pierced with a knife (additional 3 – 4 minutes). Set aside to rest for 5 minutes. Serve the chicken topped with the sauce.

\* Serve with LOVE and Enjoy!

### Notes

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