THE LIGHTER PLATE METHOD

Rhubarb & Ginger Iced Tea

Blush-pink and tart, with ginger heat rising underneath.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**12 min**	**17 min**	**4**	**EASY**

Ingredients

- 300 g rhubarb (chopped)
- 3 cm piece fresh root ginger (sliced)
- 2 green tea bags
- 3 tbsp honey
- 1 lemon
- plenty ice

Method

1. Put the rhubarb, ginger and honey in a pan with 600ml water. Bring to a simmer and cook for 10 minutes, until the rhubarb has completely collapsed.
2. Take off the heat, add the tea bags and steep for 3 minutes — no longer, or the tea turns bitter.
3. Strain through a sieve into a jug, pressing gently. Stir in the juice of the lemon.
4. Chill for at least an hour, then serve over plenty of ice.

Tips & swaps

- Do not press the rhubarb pulp hard through the sieve or the tea goes cloudy. Forced rhubarb, in season from January, gives the brightest pink colour.

Storage & reheating

Keeps in the fridge for up to 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
60	**0g**	**15g**	**0g**	**1g**

Estimated values, for guidance only.