



Breakfast Tea

Tea tasting notes

An energetic tea. Bright, brisk and full bodied with a rich, natural taste. Grown at 4,000ft above sea level.

Goes well with...

Pasta, cheese and egg dishes.



Breakfast Tea recipe

Mushroom, spinach and turkey ham frittata

1tbs butter / ¾ cup mushrooms, sliced / ⅓ cup turkey ham, diced / ¼ cup of frozen spinach / 4 medium eggs, whisked / 1tbs grated cheddar cheese

Heat the butter in an ovenproof frying pan over a medium-high heat. Tip in the mushrooms and sauté for 2 minutes until mostly softened. Stir in the ham and spinach, and cook for 1 minute more until the spinach has wilted. Season well with black pepper and a pinch of salt.

Reduce the heat and pour over the eggs. Cook for 3 minutes until the eggs are mostly set. Sprinkle over the cheese.

Grill the eggs under a hot grill for 2 minutes (until the cheese is melted and lightly brown).