

White Ginger Pear Poached Tilapia

2 cups boiling water

2 [White Ginger Pear](#) pyramid infusers

1 green onion , coarsely chopped

2-4 thin slices fresh ginger (about 2 inches each)

1 1/4 pounds fillets of tilapia or cod or flounder

In 2-cup glass measuring cup, pour water over White Ginger Pear pyramid infusers and brew 5 minutes. Remove infusers; set aside.

In a 12-inch skillet, bring tea, green onion and ginger to a boil over high heat. Add fillets. Reduce heat to low and simmer covered 6 minutes or until fish flakes with a fork. Remove fillets to serving platter and sprinkle, if desired, with chopped green onion.

PREP Time 10 minutes

Makes 4 servings