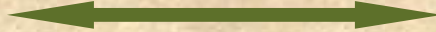




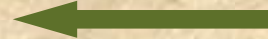
Sprinkle Rosemary & Gunpowder Green Tea Meat Rub on chicken before you roast it, or on roast potatoes once they are done.



Bake lean pork fillet after you've rolled it in olive oil and dusted the top with Assam & Sage Meat Rub. Serve on a bed of onions shallow-fried with the same rub.



Nobody likes a bland stir-fry! This has four ingredients: Chicken strips, carrots, green beans and our Lemongrass & Oolong Meat Rub. Serve with a little sweet chili sauce on the side.



All you do is add ½ a teaspoon of Assam & Sage Meat Rub and ½ a finely diced onion to ½ a kilo of good beef mince. Shallow fry it, cool it, wrap in bought pastry and bake! Your friends will call you a sausage roll star!



Need stock? Add ½ to 1 teaspoon of your favourite Meat Rub to 250ml of hot tea. It's an instant, tasty stock for soups or casseroles, or mix with cornflower to make sensational gravy.



Make any ordinary meal zing: these lamb chops were dusted with Rosemary & Gunpowder Green tea Meat Rub before grilling, and a gravy made from the same Meat Rub, leftover Two Tigers tea, and cornstarch.



You can always just serve the Meat Rubs as condiments of the table, for your guests to help themselves. And they will!



Nothing beats a steak, and when it's had our Lapsang Souchong & Oregano Meat Rub added first then grilled, it's hard to believe it wasn't cooked over an open fire.



Get a few tablespoons of oil hot in a big pan, drop in some popping corn, put the lid on & shake the pan above the heat until the popping stops. A little butter and a shake of our rubs, and you'll never buy popcorn again!

Check out our Facebook page for more ideas.
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