

three streams



Ingredients:

For the trout poke:

- 1 Three Streams Smokehouse Trout fillet (salt the trout, set aside for 10 minutes and rinse off the salt)
- small hand-full carrots, julienne cut
- 1 tsp. pickled ginger, shredded
- 2 Tbsp. avocado, chopped
- small hand-full cucumber, julienne cut
- Spring onion, finely sliced
- Pinch of nori sheets, shredded

Miso Soy dipping sauce:

- 150 ml soya sauce
 - 60 ml lemon juice
 - 40 ml sesame oil
 - 30g miso paste
 - 20g mixed black and white sesame seeds, toasted (toast the seeds in a dry pan)
- Blend all the ingredients

Sesame Naan bread:

- From Comessa Foods
- Cut the naan in half and grill the slices for 5 min

Method:

Mix all the ingredients for the trout poke together and drizzle with Miso soy dipping sauce and serve with toasted sesame naan bread.

Recipe by: Three Streams Smokehouse and Comessa Foods - <http://www.comessafoods.co.za/>

Contact details info@comessafoods.co.za