

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