

# three streams

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## Ingredients:

6 x 125g Three Streams Trout portions  
Pink Himalayan salt  
Olive oil  
Toothpicks  
Pesto Princess Red pesto

### Creamed spinach:

Olive oil  
Small red onion, sliced finely  
1 tsp. garlic, peeled and crushed  
1 tsp. dried thyme  
100g English spinach  
125ml cream  
Salt and pepper

### Method:

Remove the skin on the portions. Sprinkle salt over the portions and leave it to cure for 10 minutes. After 10 minutes, rinse the salt off and set aside.

### The creamed spinach:

Sauté the onion, garlic and thyme in olive oil. Add the spinach and steam for 2 minutes, add the cream and cook for 6 minutes, add salt and pepper to taste.

Take 3 portions and layer them with Red pesto, top with the creamed spinach and then with mozzarella.

Place the remaining portions on top of the other portions and secure with toothpicks.

Bake for 15 minutes at 180 degrees or until the fish flakes easily.

Serve with lemon wedges

For [Pesto Princess](http://www.pesto.co.za) visit [www.pesto.co.za](http://www.pesto.co.za)