

# three streams

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## Ingredients:

### For the Tortilla Cups:

Comessa Foods, White flour cocktail wraps

Cook and spray

Spray the muffin pan with cook and spray and outline the pan with cocktail wraps.

Bake until the cups are crispy

### Tomato and pepper compote:

3 Tbsp. olive oil

1 red onion, finely sliced

1 garlic clove, peeled and grated

1 tsp. dried chilli flakes

1 red pepper, finely chopped

1 Tbsp. rice vinegar

1 Tbsp. Ponzu sauce

1 squeeze of lemon juice

1 hand-full cherry tomatoes, halved

Small hand-full fresh mint leaves, finely chopped

Small hand-full baby leaves, finely chopped

200g Three Streams Smokehouse hot smoked pepper/ mustard seed mackerel

## Method:

Heat one tablespoon of olive oil, add half of the red onion and cook over medium heat for 3 - 4 minutes. Add the garlic and chilli flakes, cook for a further minute. Add the red pepper and saute for 1 - 2 minutes. Then add the rice vinegar, lemon juice, Ponzu sauce and stir well. Remove from the heat and add the cherry tomatoes and the remaining red onion and olive oil. Leave to cool slightly and stir in the mint and baby leaves.

Top with flaked peppered mackerel.

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

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