

three streams



Ingredients:

Tortilla Cups:

Comessa Foods, White flour cocktail wraps

Cook and Spray

Spray a muffin pan and outline the pan with the cocktail wraps and bake until the cups are crispy

For the salsa:

1 hand-full of Italian salad leave mix

1 tsp. shredded mint

1 ripe avocado, cut into small blocks

1 red onion, thinly sliced

One tomato, finely chopped

15 ml lime juice

Pinch of Maldon salt

1 tsp. cilantro, finely chopped

1 Tbsp. Ponzu dressing

Mix all the ingredients together

Seared salmon:

120g Three Streams Smokehouse salmon loin

1 Tbsp. toasted sesame seeds. (Toast sesame seeds in a dry pan)

1/2 tsp. salt

Method:

Mix together the sesame seeds and salt

Roll the salmon in the mixture - ensure it is covered evenly

Heat oil in a griddle pan, sear salmon on both sides - approx. 20 - 30 seconds per side. It must be cooked on the outside and pink on the inside.

Fill the tortilla cups with salsa, add the salmon and drizzle with Ponzu sauce

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