

three streams



Ingredients:

Three Streams Lightly Smoked (L/S) trout fillet or alternatively use fresh trout portions, cut into cubes
Spring onion chopped finely
2 Tsp. Pickled ginger
Handful cocktail tomatoes halved
Cabbage mix
Baby spinach (Woolworths Summer crunch salad can be used instead of the cabbage mix, baby spinach, carrot and tomatoes)
Carrot
Half of a Nori sheet, shredded
Avocado, peeled and diced

To Serve:

Brown basmati rice with red and white quinoa
Miso soy dressing (Recipe below)
Lemon wedges
Sushi mayonnaise

Combine all the ingredients together in a bowl. Pour Miso dressing over and toss to coat well. Garnish with Chinese mayo.

Serve on brown rice and with lemon wedges.

Miso Soy dipping sauce:

250ml Mirin
120ml Soya sauce
60ml lemon juice
20ml sesame oil
20g miso paste
20g mixed black and white sesame seeds
5g Wasabi powder

Blend all ingredients