

# 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/>

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