

# JOSHUA NA DIE REËN'S SESAME GRILLED TROUT RECIPE

Prep time: 20 minutes

Cook time: 20 minutes

Serves 4-6 people



## INGREDIENTS

2 trout fillets

White and black sesame seeds

Cedar or oak planks, soaked in water

### FOR MARINADE

1/2 cup honey

1 lemon, juiced

1/2 cup soy sauce

1 tablespoon sesame oil

### FOR BACON ASPARAGUS

Fresh asparagus

500g streaky bacon

### FOR FRESH SUMMER SALAD

2 cups broccoli florets

2 cups cauliflower florets

1 cup beets

1 cup diced red onion

1/2 cup cranberries

1/2 cup toasted macadamia nuts

1/2 cup crispy onion sprinkle

### FOR SALAD DRESSING

1 cup mayonnaise

1 cup crème fraîche or sour cream

2 tablespoons condensed milk

A squeeze of lemon juice

1 teaspoon fresh garlic, crushed

## INSTRUCTIONS

### SESAME TROUT FILLETS

1. Combine the marinade ingredients and soak the trout fillets for an hour before braaiing.
2. Preheat your Megamaster braai to medium heat. Place cedar or oak planks on the braai and close the lid for 5 to 10 minutes, until planks begin to smoke and char.
3. Turn the planks over and place the trout fillets skin side down on them. Sprinkle with sesame seeds.
4. Cook for 20 minutes or until you can easily pull the fillets apart.
5. Squeeze fresh lemon juice over the fish just before serving.

### BACON ASPARAGUS

1. Wrap 5 or 6 asparagus spears in bacon.
2. Add them to the braai with your fish and turn after 10 minutes.

### FRESH SUMMER SALAD

1. Combine the ingredients of the salad in a large salad bowl and toss well.
2. Combine the salad dressing ingredients and pour over the salad. You can mix in the dressing too.