



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Avocado


Avocado is not only super delicious, it's also good for you! In One avocado has more potassium than a banana — one banana typically contains 544 mg, while an avocado has 975 mg!



## 1 Smokey Maple Glazed Salmon in Tortillas with Whipped Avocado

We can't wrap our head around how tasty these summer wraps are! Soft tortillas, baked maple glazed salmon, crunchy coleslaw and creamy avocado.

 30 minutes

 2 servings

 Fish

28 December 2020

## BBQ time

*Make the most of the sun and your BBQ! Skip the maple syrup, and use the barbie to heat the tortillas and cook the salmon. You can also add the tomatoes to skewers (adding any other veggies you have in your fridge if you'd like) to grill as well.*

## FROM YOUR BOX

AVOCADO	1
BASIL	1/2 packet *
LEMON	1/2 *
SALMON FILLETS (SKIN OFF)	1 packet
COLESLAW	1 bag (200g)
TORTILLAS	1 packet
CHERRY TOMATOES	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, maple syrup, vinegar (of choice, we used red wine)

## KEY UTENSILS

oven dish, stick mixer (see notes)

## NOTES

If you don't have a stick mixer, simply mash the avocado with the oil and lemon juice, then stir through finely chopped basil.

You can also cook the salmon in a frypan. Line with baking paper first to keep it from sticking.

**No fish option - salmon fillets are replaced with chicken schnitzels.** Rub schnitzels with oil and paprika. Cook in frypan for 4-5 minutes each side or until cooked through. Add maple syrup and let sit for 3-4 minutes.

**No gluten option - tortillas are replaced with corn tortillas.** These are best heated on a hot, dry frypan for 30 seconds - 1 minute each side.



### 1. MAKE THE AVO WHIP

Set oven to 220°C.

Roughly chop avocado and basil. Place into a jug with lemon juice, **1 tbsp olive oil, 2 tbsp water, salt and pepper.** Use a stick mixer to blend into a smooth cream.



### 2. COOK THE SALMON

Combine **1 tbsp maple syrup, 1 tsp paprika and 1 tbsp olive oil.** Place salmon fillets in a lined baking dish (see notes) and pour over paprika mixture. Season with **salt and pepper** and bake for 10 minutes or until cooked to your liking.



### 3. TOSS THE COLESLAW

Toss together coleslaw, **2 tsp olive oil and 1 tsp vinegar.** Season with **salt and pepper.**



### 4. HEAT THE TORTILLAS

Cover tortillas (to taste) in foil or baking paper. Place in the oven for 5 minutes to warm through.

Halve or quarter tomatoes and place in a bowl.



### 5. FINISH AND PLATE

Flake the salmon using two forks.

Take all components to the table and assemble wraps with salmon, coleslaw, tomatoes and avocado whip.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

