



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Salmon


This tasty fish is renowned for its high content of heart-healthy omega-3 fatty acids. It's also jam-packed with vitamins & minerals, and has even been called "one of the healthiest foods on the planet".



1 Mediterranean Salmon Wrap

Fibre-rich veggies, heart-healthy salmon and filling wraps come together beautifully in this colourful and yummy Mediterranean-style meal!

(Pssst... the veggies and fish can be cooked on the barbie if weather permits.)

 30 minutes



4 servings



Fish

27 August 2021

Make your own

Have the kids assemble their own wraps! This allows them to better understand what's inside, making the meal a little less "scary and unknown".

FROM YOUR BOX

ZUCCHINI	1
TOMATOES	2
RED CAPSICUM	1
CAPERS	1 jar (100g)
LEMON	1/2 *
NATURAL YOGHURT	1/2 tub (250g) *
DILL	1 packet
SALMON FILLETS	2 packets
TORTILLAS	1 packet
MESCLUN LEAVES	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil (for cooking), salt, pepper, dried thyme, maple syrup

KEY UTENSILS

oven tray, oven dish

NOTES

1/2 tsp of dijon or seeded mustard is a delicious addition to the sauce if you have any at hand!

If there's room, you can simply add the salmon to the veggie tray instead for the last 8-10 minutes.

No fish option - salmon is replaced with chicken schnitzels. Rub with oil, 1 tsp thyme, salt and pepper, then fry in a frypan for 5-6 minutes each side or until cooked through.

No gluten option - tortillas are replaced with GF wraps.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice zucchini, tomatoes and capsicum. Toss on a lined oven tray with drained capers, 1 tsp grated lemon zest (optional), **salt, pepper and oil**. Roast for 15-20 minutes or until tender.



4. WARM THE WRAPS

Wrap tortillas in baking paper or foil and heat in the oven for 4-5 minutes (optional).



2. MAKE THE SAUCE

Mix yoghurt with chopped dill, 1 tbsp lemon juice, **1 tsp maple syrup and 1 tbsp olive oil**. Season to taste with **salt and pepper** (see notes).



3. COOK THE SALMON

Place salmon in a lined oven dish (see notes). Rub with **oil, 1 tsp thyme, salt, pepper** and juice from 1/2 lemon. Place in the oven for 8-10 minutes or until cooked to your liking.



5. FINISH AND PLATE

Fill tortillas with flaked salmon, roasted vegetables, mesclun leaves and sauce. Take to the table with extra sauce and vegetables.

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

