




### Product Spotlight: Corn Tortillas


La Tortilla uses only 2 ingredients to make their corn tortillas – premium Western Australian corn, and water. The result is a gluten-free, vegan-friendly, preservative-free, healthy bread alternative with a delicious rich nutty flavour.



## J4 Soy Fajita Traybake with Avocado Salsa

A super quick and easy Mexican dinner! Oven-baked soy wedges with capsicum, red onion and salsa wrapped in locally made corn tortillas and topped with a diced guacamole style salsa.

 25 minutes

 4 servings

 Plant-Based

17 June 2022

## Make it a one-tray

*To make this a one-tray, add corn kernels and wedged tomatoes to tray at step 1. Pour in the whole jar of salsa and increase cooking time by 5–10 minutes. Serve with mashed avocado and tortillas.*

Per serve: **PROTEIN** 26g **TOTAL FAT** 56g **CARBOHYDRATES** 88g

## FROM YOUR BOX

RED ONION	1
GREEN CAPSICUM	1
SOY WEDGES	1 packet
SALSA	1 jar
CORN COBS	2
AVOCADO	1
TOMATOES	2
LIME	1
CORN TORTILLAS	12-pack

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

oven dish, oven tray, frypan (or sandwich press)

## NOTES

Use a sandwich press to quickly toast the tortillas. Press them for 5 seconds until they start steaming. Remove and keep warm in a clean tea towel.

If you have some fresh coriander or nut-based cheese they would make great accompaniments when serving.



### 1. PREPARE THE TRAY BAKE

Set oven to 200°C.

Slice red onion and capsicum. Toss in a lined oven dish with soy wedges, **2 tbsp oil** and 1/2 jar salsa. Place into oven for 15-20 minutes or until vegetables are tender.



### 2. COOK THE CORN

Halve or quarter corn cobs. Rub with **oil, salt and pepper** and arrange on a lined oven tray. Cook in the oven for 10-15 minutes or until cooked to your liking.



### 3. MAKE THE SALSA

Dice avocado and tomatoes. Zest 1/2 lime and add to bowl with juice from 1/2 lime, **2 tbsp olive oil, salt and pepper** to taste. Toss to combine.



### 4. WARM THE TORTILLAS

Heat a frypan over medium-high heat. Cook tortillas for 10 seconds each side until softened (see notes). Keep warm in a clean tea towel until serving.



### 5. FINISH AND SERVE

Arrange all components, remaining salsa and lime cut into wedges on a serving platter and take to the table (see notes).

**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](mailto:hello@dinnertwist.com.au)

