



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 it's 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

 2 servings

 Fish

29 June 2020

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	1/2 *
TOMATOES	2
RED CAPSICUM	1/2 *
CAPERS	1/2 jar (50g) *
LEMON	1
SALMON FILLETS (SKIN OFF)	1 packet
NATURAL YOGHURT	1/2 tub (100g) *
PARSLEY	1/2 bunch *
FESTIVAL LETTUCE	1/2 *
LEBANESE FLATBREADS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, dried thyme, honey

KEY UTENSILS

oven tray

NOTES

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

No fish option - salmon is replaced with chicken schnitzels. Rub with oil, 1 tsp thyme, salt and pepper, then fry in a frypan for 3-4 minutes each side or until cooked through.

No gluten option - flatbreads are replaced with GF wraps.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice zucchini lengthways, tomatoes into rounds and capsicum into strips. Toss on a lined oven tray with drained capers, 1/2 tsp grated lemon zest, **salt, pepper and oil**. Roast for 15-20 minutes until tender.



4. PREPARE LETTUCE & BREAD

Wash and roughly chop lettuce, wedge remaining lemon.

Wrap flatbreads in foil and heat in the oven for 4-5 minutes (optional).



2. COOK THE SALMON

Rub salmon with **oil, 1/2 tsp thyme, salt, pepper** and juice from 1/4 lemon. Place on oven tray with veggies for the last 8-10 minutes or until cooked to your liking.



5. FINISH AND PLATE

Fill flatbreads with flaked salmon, roasted vegetables, lettuce and sauce. Cut in half and take to the table with extra sauce, lemon wedges and vegetables.



3. MAKE THE SAUCE

Mix yoghurt with 1 tbsp chopped parsley, juice from 1/4 lemon, **1 tsp honey and 1 tbsp olive oil**. Season to taste with **salt and pepper** (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**

