



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

 4 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
TOMATOES	2
RED CAPSICUM	1
CAPERS	1/2 jar (50g) *
LEMON	1
NATURAL YOGHURT	1/2 tub (100g) *
PARSLEY	1/2 bunch *
SALMON FILLETS (SKIN OFF)	2 packets
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, 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 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 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 tsp grated lemon zest, **salt, pepper and oil**. Roast for 15-20 minutes or 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. 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).



### 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. 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.

**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**

