



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Almond Meal

Almonds feature high levels of vitamins B2 and E. B2 helps your body digest and extract energy from the foods you eat, while E protects your cells from harmful free radicals.



R4 Paprika Fish Souvlaki with Mint Yoghurt

Paprika white fish fillets served with fresh vegetables in an easy homemade souvlaki wrap with fresh mint yoghurt.



25 minutes



4 servings



Fish

21 October 2022

Bulk it up!

You can bulk up this dish by adding extra veggies like diced cucumber, grilled zucchini or some olives.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	27g	56g

FROM YOUR BOX

PITA MIX	1 packet (225g)
NATURAL YOGHURT	1 tub (200g)
MINT	1 bunch
BROWN ONION	1
WHITE FISH FILLETS	2 packets
GREEN CAPSICUM	1
CHERRY TOMATOES	200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground chilli, ground paprika, dried oregano

KEY UTENSILS

2 frypans, stick mixer or small blender

NOTES

The pita mix is made up of almond meal and tapioca flour.

We recommend using a non-stick pan to cook the pitas.

Omit chilli if preferred.



1. MAKE THE PITA MIX

Add pita mix to a large bowl along with 2 tbsp yoghurt, 1 cup water, 2 tbsp olive oil, 1 1/2 tsp oregano, salt and pepper. Whisk to combine.



2. BLEND THE MINT YOGHURT

Use a stick mixer to blend remaining yoghurt and 1/2 mint leaves until smooth. Set aside in the fridge until remaining ingredients are ready to serve.



3. COOK THE PITAS

Heat a frypan over medium-high heat with oil (see notes). Add a 1/2 cupful of pita mix to the pan. Cook for 2-3 minutes until golden, flip and cook for a further 2 minutes. Remove to a plate and repeat with remaining mixture.



4. COOK THE FISH

Meanwhile, heat a second frypan over medium-high heat with oil. Slice onion and add to pan as you go. Cook for 2 minutes. Coat fish with a pinch ground chilli (see notes), 2 tsp paprika, salt and pepper. Add to pan with onions and cook for 2-4 minutes each side until cooked through.



5. PREPARE FRESH TOPPINGS

Chop remaining mint leaves. Slice capsicum and quarter cherry tomatoes.



6. FINISH AND SERVE

Flake fish.

Serve pitas on plates. Spoon on mint yoghurt. Add fish, cooked onion and fresh toppings. Serve with any extra mint yoghurt on the side.

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**

