



## Buffalo Fish Wraps

### with Dill Dressing

The buffalo spice rub originates from Buffalo, New York! The flavour is sweet and smokey, with a hint of mustard and garlic. Enjoy this rub on white fish fillets wrapped with fresh salad and a dill yoghurt dressing!



20 minutes



2 servings



Fish

6 January 2023

### Product Spotlight: Lebanese flatbreads

These delicious flatbreads are baked fresh and without preservatives. Store them in the fridge or freezer until you need them (they defrost very quickly) to ensure they stay fresh.



## Make a salad bowl!

*Coat flatbreads with oil and toast. Toss salad ingredients together and top with cooked, flaked fish. Drizzle with yoghurt sauce and crush crispy flatbreads over the top to make croutons.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	22g	64g

## FROM YOUR BOX

WHITE FISH FILLETS	1 packet
BUFFALO SPICE MIX	1 packet
NATURAL YOGHURT	1 tub
BABY COS LETTUCE	1
TOMATO	1
AVOCADO	1
CARROT	1
CELERY STICKS	2
LEBANESE FLATBREADS	5-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried dill, 1 garlic clove

## KEY UTENSILS

2 frypans

## NOTES

Cut the fish into fingers if preferred. You can add a hot sauce like Tabasco or cayenne pepper to the fish if you like some spice!

If you don't have dried dill, you can use dried mint, lemon pepper or dried thyme in the sauce.

**No gluten option** - Lebanese flatbreads are replaced with gluten-free wraps.



### 1. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish fillets with buffalo spice mix, **oil**, **salt and pepper** (see notes). Cook for 4-5 minutes each side or until cooked through.



### 2. PREPARE THE SAUCE

Combine yoghurt with **1 tsp dried dill**, **1/2-1 crushed garlic clove** and **1 tbsp water** (see notes). Set aside.



### 3. PREPARE THE FILLINGS

Finely shred lettuce, dice tomato and slice avocado.



### 4. CUT THE VEGGIE STICKS

Cut carrot and celery sticks into batons.



### 5. WARM THE FLATBREADS

Warm the flatbreads for 20-30 seconds each side on the BBQ or in a frypan.



### 6. FINISH AND SERVE

Assemble wraps at the table with fillings, sauce and fish. Serve remaining sauce with veggie sticks for dipping.

**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**

