DINNER TWIST
LOCAL, HEALTHY, DELIVERED

**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.

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

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

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