



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Snow Peas

In France the snow pea is also known as mange-tout, meaning "eat it all". This is because of the unusual fact you can eat pea, pod and all!



## 1 Grilled Salmon Platter

This platter of grilled salmon, vegetables and aioli is just what you need to get a nutritious dinner on the table with minimal fuss in what can be a busy week for many.

 25 minutes

 2 servings

 Fish

24 December 2021

## Bulk it up!

*If you want to bulk up this meal serve it with some garlic bread, cooked grains, wraps or tortillas. You could also mash or blend the avocado to mix with the aioli for an avocado aioli.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 35g **CARBOHYDRATES** 18g

## FROM YOUR BOX

SALMON FILLETS	1 packet
BABY COS LETTUCE	1
AVOCADO	1
TOMATO	1
SNOW PEAS	1 packet (150g)
AIOLI MAYONNAISE	1 packet (50g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## KEY UTENSILS

griddle pan or BBQ

## NOTES

We recommend grilling the salmon and lettuce on the BBQ.

Keep the lettuce fresh if you prefer.

**No fish option - salmon fillets are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.

Aioli Ingredients: Canola oil (non GM), free-range eggs, bush honey, mustard, fresh garlic, white vinegar, lemon juice, salt.



### 1. GRILL THE SALMON

Heat a griddle pan (see notes) over medium-high heat with **oil**. Coat salmon in **2 tsp dried oregano, salt and pepper**. Cook for 3-4 minutes each side or until cooked to your liking.



### 2. GRILL THE LETTUCE

Quarter lettuce. Coat in **oil, salt and pepper**. Add to grill pan and cook, turning, for 5-6 minutes until grilled evenly (see notes).



### 3. PREPARE INGREDIENTS

Slice avocado and tomato. Trim and slice snow peas.



### 4. FINISH AND SERVE

Arrange all ingredients on a platter and serve at the table with aioli mayonnaise.

**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](mailto:hello@dinnertwist.com.au)

