



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Salmon

Salmon is an excellent source of many B vitamins, these are important as they give you energy, control inflammation, protect your heart and brain!



## 1 Summery Salmon Platter with Crunchy Slaw

Fresh and easy salmon platter with apple and oriental slaw, freshly baked flatbreads and a delicious dip.

 25 minutes

 2 servings

 Fish

31 December 2021

## Take away!

*You can use the ingredients to make wraps early in the day, pop them in the fridge and bring along to the beach or park for a picnic dinner.*

## FROM YOUR BOX

RED APPLE	1
ORIENTAL SLAW	1 bag (250g)
SALMON FILLETS	1 packet
FLATBREADS	1 packet
TOMATO	1
DIP	1 tub (200g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, lemon pepper

## KEY UTENSILS

frypan

## NOTES

Add 1-2 tbsp mayonnaise for a creamy slaw.

Flatbreads can be heated in a sandwich press or a frypan as well.

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

**No gluten option** - flatbreads are replaced with GF wraps.



### 1. MAKE THE SLAW

Set oven to 200°C (optional, see step 3).

Dice apple and toss together with oriental slaw, **2 tbsp olive oil** and **1 1/2 tbsp vinegar** (see notes). Season to taste with **salt and pepper**.



### 2. COOK THE SALMON

Heat a frypan over medium-high heat. Rub salmon with **1 tsp lemon pepper, oil and salt**. Cook for 3-4 minutes each side or until cooked to your liking.



### 3. HEAT THE FLATBREADS

Wrap flatbreads in baking paper or foil and heat in the oven for 5 minutes (optional, see notes).



### 4. SLICE THE TOMATO

Slice tomato and break up salmon.



### 5. FINISH AND SERVE

Arrange slaw, tomato, salmon and dip on a serving platter. Take to the table with flatbreads.

**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**

