



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: QUINOA

Quinoa is an amazing superfood seed, cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein meaning it contains all nine essential amino acids. Protein plays a crucial role in our bodies and amino acids are the building blocks of it.



1. PERUVIAN FISH STEW

A hearty seafood stew with warm spices, tomato and garlic, all cooked in the one pan then finished with fresh lime and coriander.

 30 Minutes

 2 Servings

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
34g	49g	38g

23 March 2020

FROM YOUR BOX

RED ONION	1/2 *
GARLIC	1 clove
CARROT	1
COURGETTES	3
WHITE QUINOA	1 packet (75g)
TINNED CHERRY TOMATOES	400g
WHITE FISH FILLETS	1 packet
LIME	1
CORIANDER	1/2 packet *
CHIPOTLE MAYO	1/2 cup *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, ground turmeric, ground cumin, stock cube (1), dried oregano

KEY UTENSILS

large frypan with lid

NOTES

Rinse your fish before adding to the stew to remove any stray scales.

No fish option - white fish fillets are replaced with diced chicken thighs. Add chicken to pan along with vegetables in step 2.



1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **1 tbsp olive oil**. Slice onion and crush garlic. Dice carrot and courgettes. Add to pan as you go.



2. ADD THE QUINOA & SPICES

Stir in **1 tsp turmeric**, **1/2 tsp oregano** and **1 tsp cumin**. Crumble in **1 stock cube**. Add quinoa and stir to combine. Cook for 5 minutes until vegetables are softened.



3. SIMMER THE STEW

Pour in tinned cherry tomatoes and **2 cups water**. Cover and simmer for 15 minutes.



4. ADD THE FISH

Cut fish into bite size pieces (see notes). Add to stew and cook for 3-5 minutes or until cooked through. Take off heat and add lime zest and 1/2 the juice (wedge remaining). Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Divide fish stew among bowls. Garnish with chopped coriander and a dollop of chipotle mayo. Serve with lime wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

