



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

 4 Servings

#### PER SERVE

| PROTEIN | TOTAL FAT | CARBOHYDRATES |
|---------|-----------|---------------|
| 33g     | 31g       | 31g           |

23 March 2020

## FROM YOUR BOX

|                        |                 |
|------------------------|-----------------|
| LEEK                   | 1               |
| GARLIC                 | 2 cloves        |
| CARROT                 | 1               |
| ZUCCHINI               | 1               |
| WHITE QUINOA           | 1 packet (150g) |
| TINNED CHERRY TOMATOES | 400g            |
| WHITE FISH FILLETS     | 2 packets       |
| 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 **2 tbsp olive oil**. Slice leek and crush garlic. Dice carrot and zucchini. Add to pan as you go.



### 2. ADD THE QUINOA & SPICES

Stir in **2 tsp turmeric**, **1 tsp oregano** and **1 1/2 tbsp 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 1/2 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.

