



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Spring Onions

Spring onions have antibacterial and antiviral properties, which can help fight viral infections like the common cold.



E4 Quinoa Paella with Flaked White Fish

A delicious fish paella made with our custom spice mix, veggies and fluffy white quinoa so you won't feel weighed down.

 20 minutes

 4 servings

 Fish

20 May 2022

Serve it your way!

Instead of flaking the fish through the paella, you can serve it separately. You can also cut the corn into cobs and serve them as a side.

Per serve: **PROTEIN** 29g **TOTAL FAT** 4g **CARBOHYDRATES** 49g

FROM YOUR BOX

WHITE QUINOA	1 packet (200g)
LEMON	1
WHITE FISH FILLETS	2 packets
SPRING ONIONS	4
GREEN CAPSICUM	1
TOMATOES	2
CORN COBS	2
SPANISH SPICE MIX	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Serve with roughly chopped parsley leaves, aioli and chilli flakes for a traditional paella.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



2. COOK THE FISH

Heat a large frypan over medium–high heat. Zest lemon. Coat fish in oil, lemon zest, salt and pepper. Add to pan and cook for 2–4 minutes until cooked through. Remove to a plate and keep pan over heat.



3. SAUTÉ THE VEGETABLES

Add oil to pan. Thinly slice spring onions (reserve some green tops), dice capsicum, and tomatoes, and remove corn kernels from cobs. Add to pan as you go along with Spanish spice mix and stir to combine. Sauté for 5 minutes.



4. PREPARE THE TOPPINGS

Wedge 1/2 lemon (reserve remaining for step 5). Set aside with thinly sliced spring onion green tops.



5. TOSS THE QUINOA

Add quinoa to paella. Flake in fish fillets and squeeze in juice from reserved lemon. Toss gently to combine. Season to taste with salt and pepper.



6. FINISH AND SERVE

Serve paella tableside. Garnish with spring onion green tops and serve with lemon wedges (see notes).

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**

