



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Parsley

If the parsley wilts, trim the lower stems and place bunch in a glass of cold water. Loosely cover leaves with a bag and place in the fridge.



E4 Mediterranean Fish Quinoa Bowl

White fish fillets grilled with Mediterranean vegetables, served with mixed quinoa and antipasto mix tossed in a balsamic and parsley dressing.

 20 minutes

 4 servings

 Fish

21 January 2022

Spice it up!

Instead of dried rosemary, you could use dried oregano, Italian herbs or dried marjoram to flavour your fish and grilled vegetables.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	20g	26g

FROM YOUR BOX

MIXED QUINOA	1 packet (200g)
RED CAPSICUM	1
ZUCCHINI	1
WHITE FISH FILLETS	2 packets
PARSLEY	1 bunch
CHERRY TOMATOES	1 bag (200g)
ANTIPASTO MIX	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, balsamic vinegar

KEY UTENSILS

saucepan, BBQ (or griddle pan)

NOTES

If you don't want to cook on the BBQ you can heat up 2 frypans. Cook the vegetables in one and fish in the other.



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.



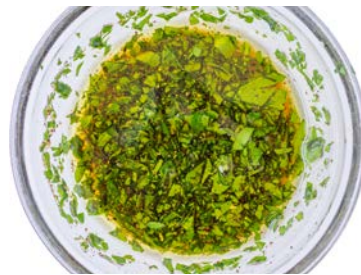
2. PREPARE THE FISH+VEG

Heat BBQ or griddle pan to medium-high. Cut capsicum into rounds. Slice zucchini into long strips. Coat prepared vegetables and fish fillets in **oil, 1 tbsp rosemary, salt and pepper.**



3. GRILL THE FISH+VEG

Add fish fillets and prepared vegetables to the BBQ (see notes). Cook for 2–4 minutes each side or until fish fillets are cooked through and vegetables are tender.



4. MAKE THE DRESSING

Roughly chop parsley leaves. In a bowl combine 1/2 parsley leaves with **1 1/2 tbsp balsamic vinegar, 1 1/2 tbsp olive oil, salt and pepper.**



5. TOSS THE QUINOA

Halve cherry tomatoes, set aside with remaining parsley. Toss quinoa with antipasto mix and dressing until well combined. Season with **salt and pepper.**



6. FINISH AND SERVE

Divide quinoa among shallow bowls. Serve with grilled vegetables, fish fillets and cherry tomatoes. Garnish with remaining parsley leaves.

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**

