




Product Spotlight: Quinoa


Quinoa is a superfood seed; cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



Spanish Fish Stew with Mixed Organic Quinoa

A warming stew of white fish fillets, flavoured with custom-blend Spanish spice mix with chopped tomatoes, capsicum and kale leaves, served over mixed organic quinoa with fresh parsley.

 25 minutes

 2 servings

 Fish

Spice it up!

Add a pinch of chilli flakes or smoked paprika for extra warmth, or stir through olives or green beans with the fish for a twist on Spanish coastal cooking.

Per serve: **PROTEIN** 37g **TOTAL FAT** 6g **CARBOHYDRATES** 39g

FROM YOUR BOX

MIXED ORGANIC QUINOA	100g
BROWN ONION	1
RED CAPSICUM	1
PARSLEY	1 packet
KALE	1 bunch
SPANISH SPICE MIX	1 packet
WHITE FISH FILLETS	1 packet
CHOPPED TOMATOES	400g

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice, balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.

Rinse fish under cold running water before adding to stew.

Spanish spice mix: sweet paprika, smoked paprika, turmeric, garlic granules, parsley flakes



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1. COOK THE QUINOA

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain **quinoa** for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



2. PREPARE THE INGREDIENTS

Dice **onion** and **capsicum**. Finely chop **parsley stems** and set leaves aside for garnish. Roughly chop **kale leaves** (see notes, use to taste).



3. SAUTÉ THE VEGETABLES

Heat a large frypan over medium–high heat with **oil**. Add **onion, parsley stems** and **capsicum** and sauté for 5 minutes. Add **spice mix** and cook for a further 1 minute.



4. SIMMER THE STEW

Add **chopped tomatoes, 1 tin water** (400ml) and **3 tsp balsamic vinegar**. Crumble in **stock cube**. Stir to combine and simmer, semi-cover, for 10 minutes.



5. ADD THE FISH & KALE

Cut **fish** into chunks (see notes). Add to **stew** along with **kale**. Simmer for further 3–5 minutes until **fish** is cooked through. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide **quinoa** among shallow bowls. Top with **fish stew** and garnish with **parsley leaves**.

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