



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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	14g	47g

FROM YOUR BOX

MIXED ORGANIC QUINOA	100g
BROWN ONION	1
RED CAPSICUM	1
PARSLEY	1 packet
KALE LEAVES	3
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

Rinse fish until cold running water before adding to stew.



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.



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 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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