



### Product Spotlight: Quinoa

Quinoa is a mineral-rich seed that cooks like rice. It is naturally gluten-free and classed as a complete protein, containing all nine essential amino acids.



## Lemon Fish with Green Quinoa

White fish fillets cooked in lemon pepper served over quinoa and sautéed green vegetables with a lemon dressing and almonds.



25 minutes



4/6 servings



Fish

## Switch it up!

*Use parsley, almonds and lemon to make a pesto! Toss the pesto through the cooked vegetables and quinoa.*

|            |                |                  |                      |
|------------|----------------|------------------|----------------------|
| Per serve: | <b>PROTEIN</b> | <b>TOTAL FAT</b> | <b>CARBOHYDRATES</b> |
|            | 43g            | 16g              | 38g                  |

## FROM YOUR BOX

|                    | 4 PERSON  | 6 PERSON    |
|--------------------|-----------|-------------|
| WHITE QUINOA       | 200g      | 200g + 100g |
| LEMON              | 1         | 2           |
| WHITE FISH FILLETS | 2 packets | 3 packets   |
| BROCCOLI           | 1         | 2           |
| PARSLEY            | 1 packet  | 1 packet    |
| GARLIC CLOVES      | 2         | 3           |
| SNOW PEAS          | 150g      | 2 x 150g    |
| ALMONDS            | 40g       | 2 x 40g     |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, honey (see notes)

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can substitute honey for maple syrup, sugar or coconut sugar.



### 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 it down in a sieve to squeeze out excess liquid.



### 4. SAUTÉ THE VEGETABLES

While **fish** is cooking, finely chop **broccoli** and **parsley**, crush **garlic**, trim and slice **snow peas**.

Reheat pan over medium-high heat with **oil**. Add **broccoli**, **lemon zest** and **garlic** to pan. Sauté for 2 minutes. Add **snow peas** and **parsley** and cook for a further minute.



### 2. MAKE THE LEMON DRESSING

Zest **lemon** and set aside for step 4.

Juice **lemon** and add to a bowl with **2 tsp honey**, **1/4 cup olive oil**, **2 tbsp water**, **salt** and **pepper**. Whisk to combine.

**6P** – mix juice from **2 lemons** with **1 tbsp honey**, **1/3 cup olive oil**, **3 tbsp water**, **salt** and **pepper**.



### 5. ADD THE QUINOA

Add drained **quinoa** to **vegetables**. Cook for 2 minutes to warm through. Remove from heat and add **lemon dressing**. Stir to combine and season to taste with **salt** and **pepper**.



### 3. COOK THE FISH

Heat a large frypan over medium-high heat. Coat **fish** in **oil**, **3–4 tsp lemon pepper** and **salt**. Add to pan and cook for 2–4 minutes each side until cooked through. Remove to a plate and reserve pan.



### 6. FINISH AND SERVE

Roughly chop **almonds**.

Divide **quinoa** among plates. Serve with **fish fillets**. Sprinkle over **almonds**.



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