



Product Spotlight: Zucchini

Most of the antioxidants and fibre in a zucchini is found in the skin, so make sure you don't peel it prior to cooking!





Spice it up!

If you want to take the time to spice this dish up, you can zest the lemon first and toss it through the quinoa or use to coat the fish. Try adding either ground cinnamon, ginger, coriander, nutmeg, cayenne pepper or even saffron threads to the parcel!

1 Moroccan Fish Parcels

Oven baked fish parcels with warmly spiced veggie batons, white fish fillets and fresh thyme, with a side of lemon dressed quinoa.

 40 minutes

 4 servings

 Fish

FROM YOUR BOX

WHITE QUINOA	1 packet (200g)
ZUCCHINI	1
RED CAPSICUM	1
CARROT	1
LEMON	1
WHITE FISH FILLETS	2 packets
THYME	1/2 packet *
FESTIVAL LETTUCE	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

butter, olive oil, salt and pepper, ground turmeric, ground cumin, baking paper

KEY UTENSILS

saucepan, oven tray

NOTES

Look for the pale white ring around the outer edge of the quinoa seed to see if it is cooked.

If you're short on time you can ribbon the zucchini and carrot instead of cutting into batons.

No fish option - white fish fillets are replaced with diced chicken breast. Increase cook time to 25-30 minutes or until chicken is cooked through.



1. COOK THE QUINOA

Set oven to 220°C.

Place quinoa in a saucepan and cover with water. Bring to the boil and simmer for 10-15 minutes, or until tender (see notes). Drain and rinse.



2. PREPARE THE VEGETABLES

Cut zucchini, capsicum and carrot into batons (see notes). Toss with **2 tsp turmeric**, **3 tsp cumin**, 1/2 lemon juice and **1 tbsp olive oil**. Season with **salt and pepper**.



3. ADD THE FISH

Place 4 large sheets of baking paper on the bench and place even amounts of vegetables in the centre. Place fish on top, add a thyme sprig and **1/2 tbsp butter** to each parcel.



4. WRAP THE PARCELS

To wrap each parcel, bring long sides of the paper together, fold over and place short sides underneath parcel to seal. Bake for 15-25 minutes, or until the fish is cooked through.



5. DRESS THE QUINOA

Whisk together remaining 1/2 lemon juice, 1 tsp thyme leaves and **2 tbsp olive oil**. Toss through cooked quinoa.

Roughly tear lettuce leaves.



6. FINISH AND PLATE

Serve fish parcels with a side of quinoa and festival lettuce.

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

