



Product Spotlight: Quinoa Flakes

Quinoa flakes are quinoa that has been steam-rolled! Great used in muesli, pancakes or baked goods, or as a nutritious gluten-free alternative to breadcrumbs.



Cajun Fish Po Boy Salad

Fish bites in Cajun spice and crispy quinoa flakes served in a fresh and crunchy po boy style salad with coriander herb oil and a side of homemade potato chips!



30 minutes



2 servings



Fish

24 February 2023

Spice it up!

Make your own Cajun spice by combining 2 tbsp ground paprika, 1 tbsp garlic powder, 1 tbsp dried thyme, 1 tbsp celery salt and 1 tsp ground cayenne. Stir to combine and store any leftovers in a sealed container.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	30g	69g

FROM YOUR BOX

MEDIUM POTATOES	3
CORIANDER	1 packet
WHITE FISH FILLETS	1 packet
QUINOA FLAKES	1 packet (40g)
RED CABBAGE	1/4
GREEN CAPSICUM	1
TOMATO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, Cajun spice, dried oregano, maple syrup

KEY UTENSILS

large frypan, oven tray, stick mixer or small blender

NOTES

Substitute olive oil with mayonnaise, aioli, or natural yoghurt for a creamy herb dressing.

Bake fish in oven if preferred. Place on a lined oven tray and drizzle with a little oil. Bake for 10–15 minutes until golden and cooked through.



1. MAKE THE CHIPS

Set oven to 220°C.

Cut potatoes into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and crispy.



2. MAKE THE HERB OIL

Roughly chop coriander, including stems. Use a stick mixer to blend with **1/4 cup olive oil** (see notes), **3 tbsp vinegar**, **2 tsp oregano**, **1 tsp maple syrup**, **1 tbsp water**, **salt and pepper** to a smooth consistency.



3. COAT THE FISH

Cut fish into bite-sized pieces. Coat in **oil**, **1 tsp Cajun spice**, **salt and pepper**. Empty quinoa flakes onto a plate and roll fish in flakes to coat (see notes).



4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Add fish, in batches if necessary, and cook for 3–4 minutes each side until cooked through.



5. PREPARE THE SALAD

Finely slice cabbage. Dice capsicum and tomato. Add to a bowl and toss with 1/2 herb oil (reserve remaining to serve).



6. FINISH AND SERVE

Serve salad and fish in a bowl with remaining dressing and a side of chips.

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**

