



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Quinoa

Quinoa is a superfood seed; cooked like rice. It is mineral-rich 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.



R2

## Fish Quinoa Burrito Bowl

### with Avocado Cream

White quinoa served bowl-style with spiced white fish fillets, charred corn kernels, fresh crunchy vegetable topping and homemade avocado cream.



25 minutes



2 servings



Fish

23 September 2022

## Warm it up!

*To warm up this dish, you can roast the corn, capsicum, and tomato, then serve with the other components.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	17g	73g

## FROM YOUR BOX

WHITE QUINOA	1 packet (100g)
LIME	1
AVOCADO	1
CORN COB	1
WHITE FISH FILLETS	1 packet
CHIVES	1 bunch
TOMATO	1
GREEN CAPSICUM	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground coriander

## KEY UTENSILS

large frypan, saucepan, stick mixer (or small blender)

## NOTES

Skip making the avocado cream to speed up your preparation time. Slice avocado and serve on bowl at step 6 then squeeze over lime juice.



### 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.



### 2. MAKE AVOCADO CREAM

Zest lime and set aside for step 5 (see notes). Add juice from 1/2 lime (wedge remaining and set aside), avocado and **3 tbsp water** to a jug. Use a stick mixer to blend to a smooth consistency. Season with **salt and pepper**.



### 3. COOK THE CORN

Heat a large frypan over medium-high heat with **oil**. Remove corn kernels from cob. Add to pan and cook for 3–4 minutes until beginning to char. Remove from pan and keep pan over heat.



### 4. COOK THE FISH

Coat fish in **oil, 1 tsp smoked paprika, 1 tsp coriander, salt and pepper**. Add to reserved pan and cook for 2–4 minutes each side until cooked through.



### 5. TOSS THE FRESH TOPPING

Thinly slice chives. Dice tomato and capsicum. Toss in a bowl along with reserved lime zest until well combined. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Divide quinoa among shallow bowls. Serve with fresh topping, fish and charred corn. Dollop over avocado cream and serve with lime wedges.

**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**

