



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.



Quinoa Katsu Fish with Japanese Curry

Quinoa flake-crumbed white fish fillets served over a flavourful, mild Japanese curry loaded with veggies and served with fresh sliced cabbage and chives.



30 minutes



2 servings



Fish

7 July 2023

Skip it!

If you don't have a stick mixer to blend the curry sauce, or can't be bothered, fear not! Skip the blending; your curry will be just as flavourful.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	11g	87g

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
CARROT	1
SWEET POTATOES	400g
TOMATO	1
QUINOA FLAKES	40g
WHITE FISH FILLETS	1 packet
GREEN CABBAGE	1/4
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder (see notes), cornflour, maple syrup, apple cider vinegar, 1 stock cube of choice

KEY UTENSILS

2 saucepans, frypan, stick mixer (optional, see cover page)

NOTES

Some curry powders can pack a punch! Use to taste if you prefer a milder heat level.

Roughly chop the cabbage and add it to the curry if desired.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE CURRY SAUCE

Heat a large saucepan over medium-high heat with **oil**. Dice onion and grate carrot, add to pan as you go and sauté for 5 minutes. Meanwhile, add **3 tsp curry powder**, **1/2–1 tsp maple syrup**, **2 tbsp cornflour**, **stock cube** and **500 ml water** to a jug. Whisk to combine. Add to pan and use a stick mixer to blend until smooth.



3. SIMMER THE CURRY

Dice sweet potato and wedge tomato. Add to saucepan with curry sauce as you go. Simmer for 10–15 minutes until sweet potato is tender (see step 4).



4. COAT & COOK THE FISH

Meanwhile, tip quinoa flakes onto a plate. Coat fish with **oil, salt and pepper**. Press fish into flakes to coat. Heat a large frypan over medium-high heat. Cook fish for 2–4 minutes on each side until golden and cooked through.



5. PREPARE THE TOPPINGS

Thinly slice cabbage (see notes). Add to a large bowl along with **3 tbsp vinegar**. Toss to dress.

Thinly slice chives and set aside.



6. FINISH AND SERVE

Season curry to taste with **salt and pepper**. Divide rice among bowls. Ladle over curry and serve with fish fillets and fresh cabbage. Garnish with chives.



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