



Product Spotlight: Quinoa

Quinoa is a superfood seed cooked like rice. It is mineral-rich, gluten-free 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.



Spiced Fish with Quinoa Tabbouleh and Eggplant Puree

White fish fillets pan-fried and served with a homemade lemon and garlic-flavoured eggplant dip and fresh minty, zingy quinoa tabbouleh.



35 minutes



2 servings



Fish

22 September 2023

Switch it up!

*Dice and roast the eggplant.
Toss through the quinoa tabbouleh.
Add feta cheese or dip of your
choice to serve!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	11g	56g

FROM YOUR BOX

WHITE QUINOA	100g
EGGPLANT	1
LEMON	1
GARLIC CLOVES	2
TOMATO	1
LEBANESE CUCUMBER	1
MINT	1 packet
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander

KEY UTENSILS

large frypan, saucepan

NOTES

Drain quinoa for a minimum of 5 minutes or press it down in a sieve to squeeze out excess liquid.

Add 1/2-1 tbsp water to loosen your puree to desired consistency. If your eggplant is on the larger side, use 1 tbsp.



1. COOK THE QUINOA

Set oven to 220°C.

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 (see notes). Return to saucepan.



2. ROAST THE EGGPLANT

Quarter eggplant. Place on a lined oven tray. Coat with **oil, salt and pepper**. Roast for 15-20 minutes until eggplant is tender.



3. MAKE QUINOA TABBOULEH

Combine zest and juice from 1/2 lemon, 1 crushed garlic clove, **salt and pepper** in a bowl. Dice and add tomato, cucumber and chopped mint leaves to pan with drained quinoa. Add dressing and combine well.



4. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish fillets with **oil, 1 tsp coriander, salt and pepper**. Add to pan and cook for 2-4 minutes each side until cooked through.



5. MAKE THE EGGPLANT PUREE

Meanwhile, place roasted eggplant in a jug along with **1 tbsp olive oil**, remaining lemon juice and 1 crushed garlic clove. Use a stick mixer to blend to a smooth consistency (see notes). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Spoon eggplant puree into the base of shallow bowls. Top with quinoa tabbouleh and serve with fish.



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