

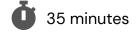




## Spiced Fish with Quinoa Tabbouleh

### 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.





2 servings



Fish

# Switch it up!

Dice and roast the eggplant.

Toss through the quinoa tabbouleh.

Add feta cheese or dip of your

choice to serve!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

32g 11g

11g

56g

#### FROM YOUR BOX

WHITE QUINOA	100g
EGGPLANT	1
LEMON	1
GARLIC CLOVES	2
ТОМАТО	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.

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



