



Product Spotlight: Feta Cheese

Feta cheese is lower in calories and fat than many other cheeses and is a good source of protein, riboflavin, vitamin B12, calcium and phosphorus.



White Fish and Feta Bake with Mixed Quinoa

White fish fillets baked with cherry tomatoes and feta cheese to make a creamy sauce, tossed through mixed quinoa with crushed garlic.



35 minutes



2 servings



Fish

8 September 2023

Top it!

Garnish the finished dish with fresh herbs such as oregano, parsley or basil. You could also top it with toasted pine nuts, walnuts, almonds or seed mix for crunch!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	54g	37g

FROM YOUR BOX

MIXED QUINOA	100g
BROCCOLI	1
GREEN CAPSICUM	1
FETA CHEESE	200g
CHERRY TOMATOES	200g
WHITE FISH FILLETS	1 packet
GARLIC CLOVE	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

saucepan, oven dish

NOTES

Drain quinoa for at least 5 minutes or press down in a sieve to squeeze out excess liquid.



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).



2. PREPARE THE VEGETABLES

Cut broccoli into florets. Roughly chop capsicum. Quarter feta block. Add to a lined oven dish with cherry tomatoes, **1/2 cup olive oil, salt and pepper.**



3. ADD THE FISH & BAKE

Coat fish with **oil, 1 tsp oregano, salt and pepper.** Place on top of vegetables and feta. Bake for 12–15 minutes until fish is cooked through and vegetables are tender.



4. MAKE THE SAUCE

Remove fish from oven dish. Crush garlic cloves directly into oven dish and sprinkle over **2 tsp oregano.** Use a fork to squash tomatoes and feta to make a sauce. Mix to combine.



5. MIX THE QUINOA

Add quinoa to oven dish. Mix to combine. Season to taste with **salt and pepper.**



6. FINISH AND SERVE

Add fish to oven dish and serve tableside.



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