



### 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.



## Cajun Fish Po Boy Salad

Fish bites in Cajun spice and crispy quinoa flakes served in a fresh and crunchy po boy style salad with coriander herb oil and a side of homemade potato chips!



30 minutes



4 servings



Fish

24 February 2023

### Spice it up!

*Make your own Cajun spice by combining 2 tbsp ground paprika, 1 tbsp garlic powder, 1 tbsp dried thyme, 1 tbsp celery salt and 1 tsp ground cayenne. Stir to combine and store any leftovers in a sealed container.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	16g	60g

## FROM YOUR BOX

MEDIUM POTATOES	800g
CORIANDER	1 packet
WHITE FISH FILLETS	2 packets
QUINOA FLAKES	1 packet (80g)
RED CABBAGE	1/4
GREEN CAPSICUM	1
TOMATOES	2

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, Cajun spice, dried oregano, maple syrup

## KEY UTENSILS

large frypan, oven tray, stick mixer or small blender

## NOTES

Substitute olive oil with mayonnaise, aioli, or natural yoghurt for a creamy herb dressing.

Bake fish in oven if preferred. Place on a lined oven tray and drizzle with a little oil. Bake for 10–15 minutes until golden and cooked through.



### 1. MAKE THE CHIPS

Set oven to 220°C.

Cut potatoes into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and crispy.



### 2. MAKE THE HERB OIL

Roughly chop coriander, including stems. Use a stick mixer to blend with **1/4 cup olive oil** (see notes), **3 tbsp vinegar**, **2 tsp oregano**, **1 tsp maple syrup**, **1 tbsp water**, **salt and pepper** to a smooth consistency.



### 3. COAT THE FISH

Cut fish into bite-sized pieces. Coat in **oil**, **2 tsp Cajun spice**, **salt and pepper**. Empty quinoa flakes onto a plate and roll fish in flakes to coat (see notes).



### 4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Add fish, in batches if necessary, and cook for 3–4 minutes each side until cooked through.



### 5. PREPARE THE SALAD

Finely slice cabbage. Dice capsicum and tomatoes. Add to a bowl and toss with 1/2 herb oil (reserve remaining to serve).



### 6. FINISH AND SERVE

Serve salad and fish in a bowl with remaining dressing and a side of chips.

**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**

