



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Quinoa

Quinoa is a superfood seed; cooked like rice. It is mineral-rich 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 the building blocks.



R4

Fish Quinoa Burrito Bowl

with Avocado Cream

White quinoa served bowl-style with spiced white fish fillets, charred corn kernels, fresh crunchy vegetable topping and homemade avocado cream.



25 minutes



4 servings



Fish

23 September 2022

Warm it up!

To warm up this dish, you can roast the corn, capsicum, and tomato, then serve with the other components.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	11g	66g

FROM YOUR BOX

WHITE QUINOA	1 packet (200g)
LIME	1
AVOCADO	1
CORN COBS	2
WHITE FISH FILLETS	2 packets
CHIVES	1 bunch
TOMATOES	2
GREEN CAPSICUM	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground coriander

KEY UTENSILS

large frypan, saucepan, stick mixer (or small blender)

NOTES

Skip making the avocado cream to speed up your preparation time. Slice avocado and serve on bowl at step 6, then squeeze over lime juice.



1. COOK THE QUINOA

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.



2. MAKE AVOCADO CREAM

Zest lime and set aside for step 5 (see notes). Add juice from 1/2 lime (wedge remaining and set aside), avocado and **3 tbsp water** to a jug. Use a stick mixer to blend to a smooth consistency. Season with **salt and pepper**.



3. COOK THE CORN

Heat a large frypan over medium-high heat with **oil**. Remove corn kernels from cob. Add to pan and cook for 3–4 minutes until beginning to char. Remove from pan and keep pan over heat.



4. COOK THE FISH

Coat fish in **oil, 2 tsp smoked paprika, 2 tsp coriander, salt and pepper**. Add to reserved pan and cook for 2–4 minutes each side until cooked through.



5. TOSS THE FRESH TOPPING

Thinly slice chives. Dice tomatoes and capsicum. Toss in a bowl along with reserved lime zest until well combined. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide quinoa among shallow bowls. Serve with fresh topping, fish and charred corn. Dollop over avocado cream and serve with lime wedges.

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**

