



### 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.



## Quinoa Katsu Fish with Japanese Curry

Quinoa flake-crumbed white fish fillets served over a flavourful, mild Japanese curry loaded with veggies and served with fresh sliced cabbage and chives.



30 minutes



4 servings



Fish

7 July 2023

## Skip it!

*If you don't have a stick mixer to blend the curry sauce, or can't be bothered, fear not! Skip the blending; your curry will be just as flavourful.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	8g	66g

## FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
CARROT	1
SWEET POTATOES	600g
TOMATOES	2
QUINOA FLAKES	60g
WHITE FISH FILLETS	2 packets
GREEN CABBAGE	1/4
CHIVES	1 bunch

## FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder (see notes), cornflour, maple syrup, apple cider vinegar, 1 stock cube of choice

## KEY UTENSILS

2 saucepans, frypan, stick mixer (optional, see cover page)

## NOTES

Some curry powders can pack a punch! Use to taste if you prefer a milder heat level.

Roughly chop the cabbage and add it to the curry if desired.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. MAKE THE CURRY SAUCE

Heat a large saucepan over medium-high heat with **oil**. Dice onion and grate carrot, add to pan as you go and sauté for 5 minutes. Meanwhile, add **1 tbsp curry powder**, **1 tsp maple syrup**, **3 tbsp cornflour**, **stock cube** and **750 ml water** to a jug. Whisk to combine. Add to pan and use a stick mixer to blend until smooth.



### 3. SIMMER THE CURRY

Dice sweet potatoes and wedge tomatoes. Add to saucepan with curry sauce as you go. Simmer for 10–15 minutes until sweet potato is tender (see step 4).



### 4. COAT & COOK THE FISH

Meanwhile, tip quinoa flakes onto a plate. Coat fish with **oil**, **salt and pepper**. Press fish into flakes to coat. Heat a large frypan over medium-high heat. Cook fish for 2–4 minutes on each side until golden and cooked through.



### 5. PREPARE THE TOPPINGS

Thinly slice cabbage (see notes). Add to a large bowl along with **3 tbsp vinegar**. Toss to dress.

Thinly slice chives and set aside.



### 6. FINISH AND SERVE

Season curry to taste with **salt and pepper**.

Divide rice among bowls. Ladle over curry and serve with fish fillets and fresh cabbage. Garnish with chives.



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