




### Product Spotlight: Quinoa


Quinoa is a superfood seed cooked like rice. It is mineral-rich, gluten-free 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 its building blocks.



## 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.

 35 minutes

 4 servings

 Fish

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## Switch it up!

*Dice and roast the eggplant.  
Toss through the quinoa tabbouleh.  
Add feta cheese or dip of your  
choice to serve!*

Per serve: **PROTEIN** 30g **TOTAL FAT** 7g **CARBOHYDRATES** 47g

## FROM YOUR BOX

WHITE QUINOA	200g
EGGPLANT	1
LEMON	1
GARLIC CLOVES	2
TOMATOES	2
LEBANESE CUCUMBERS	2
MINT	1 packet
WHITE FISH FILLETS	2 packets

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, ground coriander

## KEY UTENSILS

large frypan, saucepan, oven tray, stick mixer

## 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 TABBbouLEH

Combine zest and juice from 1/2 lemon, 1 crushed garlic clove, **1 tbsp vinegar, salt and pepper** in a bowl. Dice and add tomatoes, cucumbers 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, 2 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.



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