



### 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

 4 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** 36g **TOTAL FAT** 28g **CARBOHYDRATES** 29g

## FROM YOUR BOX

MIXED QUINOA	200g
BROCCOLI	1
GREEN CAPSICUM	1
FETA CHEESE	200g
CHERRY TOMATOES	200g
WHITE FISH FILLETS	2 packets
GARLIC CLOVES	2

## 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, 2 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 **3 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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