



Product Spotlight: Yellow Squash

Not only sweet and delicious, yellow squash is also a good source of vitamin C and vitamin B2!



1 Spanish Fish with Quinoa

A smokey tomato fish stew with capsicum, thyme and olives served with fluffy quinoa.



30 minutes



2 servings



Fish

13 July 2020

Spice it up!

If you have any garlic in the pantry you can add a crushed clove to the stew. For a little heat, try adding a pinch of chilli flakes. To add some freshness at the end, add some chopped parsley and serve with lemon wedges.

Per serve: **PROTEIN** 33g **TOTAL FAT** 14g **CARBOHYDRATES** 50g

FROM YOUR BOX

WHITE QUINOA	1 packet (100g)
LEEK	1/2 *
THYME	1/2 packet *
RED CAPSICUM	1
YELLOW SQUASH	2
CHOPPED TOMATOES	400g
WHITE FISH FILLETS	1 packet
KALAMATA OLIVES	100g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, smoked paprika, ground turmeric

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Stir a little butter or olive oil through your quinoa at the end for added richness.

If you have thinner fish fillets you can cut them into larger pieces to prevent them from falling apart.

No fish option - white fish fillets are replaced with diced chicken breast. Add to pan with the vegetables in step 3



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse (see notes).



2. SAUTÉ THE VEGETABLES

Heat a large frypan with **oil** over medium-high heat. Slice and add leek to pan along with **2 tsp smoked paprika, 1 tsp turmeric** (add more oil if needed) and 1/2 tsp thyme leaves.



3. SIMMER THE STEW

Slice capsicum and squash. Add to pan. Stir in chopped tomatoes and **1 cup water**. Cover and simmer for 10 minutes.



4. ADD THE FISH & OLIVES

Cut fish into bite size pieces (see notes). Add to stew and simmer for 3 minutes or until fish is cooked through. Take off heat and stir through olives (use to taste). Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Divide quinoa and fish stew among shallow bowls. Garnish with remaining thyme leaves.

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

