



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CAPERS

Capers are actually little flower buds! They come from a plant called Finders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



# 1. TOMATO BASIL FISH

## WITH CAPERS

 30 Minutes

 4 Servings

White fish fillets simmered in a rich tomato and fennel sauce with a burst of capers, served on a bed of fluffy white quinoa.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
30g	17g	16g

20 April 2020

## FROM YOUR BOX

WHITE QUINOA	1 packet (200g)
RED ONION	1/2 *
FENNEL	1
CAPERS	1 jar
CHOPPED TOMATOES	400g
WHITE FISH FILLETS	2 packets
FESTIVAL LETTUCE	1
AVOCADO	1
BASIL	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive oil, salt, pepper, dried thyme (or dried herb of choice), balsamic vinegar, sugar (of choice)

## KEY UTENSILS

saucepan, large frypan with lid

## NOTES

Dress the salad with balsamic vinegar and olive oil if preferred.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Coat with oil, salt and pepper. Cook in a separate frypan over medium-high heat for 4-5 minutes each side. Pour simmered sauce over before serving.



### 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.



### 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Slice onion and fennel, add to pan as you go along with capers and **1/2 tsp dried thyme**. Cook for 4-5 minutes until softened.



### 3. SIMMER THE SAUCE

Pour in chopped tomatoes and **1 tin (400ml) of water**. Stir in **1 tbsp balsamic vinegar** and **1 tsp sugar**. Cover and simmer for 5 minutes. Season with **salt and pepper**.



### 4. ADD THE FISH

Rinse and add fish to the tomato sauce. Cover and cook for a further 5 minutes or until fillets are cooked through.



### 5. PREPARE THE SALAD

Rinse and roughly tear lettuce leaves. Wedge avocado. Arrange in a bowl.



### 6. FINISH AND PLATE

Garnish fish with basil leaves. Divide among shallow bowls with quinoa and serve with salad.