



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

 2 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
33g	32g	22g

20 April 2020

FROM YOUR BOX

WHITE QUINOA	1 packet (100g)
FENNEL	1
CAPERS	1 jar
CHOPPED TOMATOES	400g
WHITE FISH FILLETS	1 packet
AVOCADO	1
ROCKET LEAVES	1/2 bag (100g) *
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 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 cup 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

Wedge avocado. Arrange in a bowl with rocket leaves.



6. FINISH AND PLATE

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