



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Mango


Mangoes were first grown in India over 5,000 years ago. In fact, the paisley pattern which was first developed there, is based on the shape of a mango.



1 Quinoa Bowl with Mango and Spiced Fish

A spring-fresh grain bowl with quinoa, fresh mango, vegetables and white fish fillets with coconut chilli mayonnaise drizzled over the top.

 30 minutes

 2 servings

 Fish

5 November 2021

Switch it up!

Serve as a large platter-style salad with fish on the side if preferred.

Per serve: **PROTEIN** 36g **TOTAL FAT** 41g **CARBOHYDRATES** 78g

FROM YOUR BOX

QUINOA	1 packet (100g)
LIME	1
SLAW	1 bag (250g)
MANGO	1
AVOCADO	1
RED CAPSICUM	1
WHITE FISH FILLETS	1 packet
COCONUT CHILLI MAYO	1 tub (50g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

large frypan, saucepan

NOTES

If you like extra heat in your dish, mix 1 tsp dried chilli flakes or a dash of your favourite hot sauce into the mayo.

No fish option – white fish fillets are replaced with **chicken schnitzels**. Increase cooking time to 4–5 minutes on each side or until cooked through.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



2. DRESS THE SLAW

Zest lime and juice half (wedge remaining). Whisk in a bowl with **1 tbsp olive oil, salt and pepper**. Add slaw and toss until well coated.



3. PREPARE INGREDIENTS

Dice mango, avocado and capsicum.



4. COOK THE FISH

Heat a frypan over medium–high heat with **oil**. Coat fish in **oil, 1/2 tsp smoked paprika, 1/2 tsp cumin, salt and pepper**. Add to pan and cook for 2–4 minutes each side or until cooked through.



5. MIX THE MAYONNAISE

In a small bowl mix mayo with **2 tsp water** to loosen (see notes).



6. FINISH AND PLATE

Divide quinoa among bowls. Top with dressed slaw, prepared ingredients and fish fillets. Drizzle over mayo and serve with lime wedges.

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**

