



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Corn Cob


Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



## 1 Spiced Fish with Herbed Quinoa

Start the week with a nourish bowl! Mixed quinoa, charred corn and spiced fish fillets with creamy avocado and a fresh mint dressing.

 30 minutes

 2 servings

 Fish

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## Spice it up!

*You can add a dollop of yoghurt or crumbled feta cheese to finish the dish. Try adding some smoked paprika or cayenne pepper to the fish for more exciting flavours!*

Per serve: **PROTEIN** 32g **TOTAL FAT** 45g **CARBOHYDRATES** 54g

## FROM YOUR BOX

MIXED QUINOA	1 packet (100g)
CORN COB	1
RED CAPSICUM	1/2 *
MINT	1/2 bunch *
WHITE FISH FILLETS	1 packet
FESTIVAL LETTUCE	1/2 *
AVOCADO	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground (or smoked) paprika, ground turmeric, cumin seeds, red wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Rinse your fish fillets and pat dry before cooking. This will help remove any stray scales.

**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 15 minutes or until tender. Drain and rinse.



### 2. COOK THE VEGETABLES

Remove corn from cob and dice capsicum. Heat a frypan over medium–high heat with oil. Add corn and capsicum along with **1/2 tsp paprika** and **1/2 tsp turmeric**. Cook for 10 minutes. Season with **salt and pepper**. Remove from pan.



### 3. MAKE THE DRESSING

Meanwhile, whisk **1 1/2 tbsp vinegar** and **3 tbsp olive oil**. Slice mint leaves and stir through. Set aside.



### 4. COOK THE FISH

Coat fish fillets with **1/2 tsp turmeric**, **1/2 tsp cumin seeds**, **salt and pepper**. Reheat pan with oil. Cook fish for 3–4 minutes each side or until cooked through.



### 5. TOSS THE QUINOA

Toss the cooked quinoa with 2 tbsp of mint dressing. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide quinoa and cooked vegetables among bowls. Tear and rinse lettuce leaves, slice avocado. Divide on top with fish. Use remaining dressing to taste.

**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](mailto:hello@dinnertwist.com.au)

