



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Lemongrass


To prepare your lemongrass, cut in half lengthways and remove the core. Bash with the end of your knife to release the perfumes before chopping.



1 Tomato and Lemongrass Broth with White Fish Fillets

A fragrant tomato based broth with white fish fillets, served over quinoa.

 30 mins

 2 servings

 Fish

6 August 2021

Tom Yum Soup!

Transform this dish into Tom Yum soup by adding 1 garlic clove at step 3, and swap the water for fish stock at step 4.

Per serve: **PROTEIN** 28g **TOTAL FAT** 3g **CARBOHYDRATES** 28g

FROM YOUR BOX

QUINOA	100g
LEMONGRASS	1 stalk
KAFFIR LIME LEAVES	1 double
SPRING ONIONS	1/2 bunch *
FENNEL	1/2 bulb *
ZUCCHINI	1/2 *
CHOPPED TOMATOES	400g
WHITE FISH FILLETS	1 packet
GREEN BEANS	1/2 bag (75g) *
RED CHILLI	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, cumin seeds, fish sauce

KEY UTENSILS

large saucepan with lid, saucepan

NOTES

To use a whole lemongrass stalk, slice off the very bottom of the stalk and peel off any dried-out layers, then bash the woody top end with a rolling pin or something hard to soften and help release some of the aromatic oils.

Wash your fish in cold water, then pat dry.

Remove the seeds from the chilli to reduce the level of spiciness.

No fish option - white fish fillets are replaced with diced chicken breast. Increase cooking time to 8-10 minutes or until cooked through.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 12-15 minutes until tender. Drain and rinse.



2. PREPARE INGREDIENTS

Finely chop lemongrass (see notes) and kaffir lime leaves, cut spring onions into 3cm pieces (reserve green tops).



3. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with oil. Add in prepared ingredients with **2 tsp cumin seeds**. Cook, stirring, for 3-4 minutes.



4. ADD THE VEGETABLES

Slice fennel and cut zucchini. Add to pan as you go. Pour in chopped tomatoes with **1 tin water**, stir to combine. Cover and simmer for 10-15 minutes.



5. POACH THE FISH

Cut fish into smaller pieces (see notes), trim and halve green beans. Add to the pan, cover and simmer for 3-4 minutes. Season with **1-2 tsp fish sauce** (to taste) and pepper.



6. FINISH AND PLATE

Finely slice reserved spring onion tops and chilli (see notes). Evenly divide the quinoa into bowls. Ladle over the broth and garnish with spring onions.

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

