



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Broccoli


The head of the broccoli is made up of tiny flower buds. If you do not harvest a broccoli on time, the head will be full of yellow flowers!



1 Quinoa and Chive Fish Cakes

Fresh white fish fillets blitzed into fish cakes with chives and quinoa, served with a modern take on a broccoli salad with yoghurt dressing.

 30 mins

 4 servings

 Fish

21 May 2021

Bulk it up!

Add a tin of drained white beans to your fish cakes. This will give them a little more moisture and help to stretch the mixture out if you want to cook extra. Just be sure to add a little more seasoning.

Per serve: **PROTEIN** 37g **TOTAL FAT** 18g **CARBOHYDRATES** 56g

FROM YOUR BOX

QUINOA	200g
YOGHURT	1/2 tub *
BROCCOLI	1
RED ONION	1/2 *
CHERRY TOMATOES	400g
SEED MIX	1
WHITE FISH FILLETS	2 packets
CHIVES	1/2 bunch *
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried coriander

KEY UTENSILS

large frypan, saucepan, blender or food processor

NOTES

Instead of yoghurt, you could use mayonnaise to dress your broccoli salad.

You should be able to make roughly 14-16 fish cakes.

Cook fish cakes in batches or in two frypans if need be.

No fish option - white fish fillets are replaced with chicken mince.



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. WHISK DRESSING

In a large bowl, whisk together **1 tbsp olive oil** with yoghurt, **salt and pepper** (see notes).



3. MAKE SALAD

Finely chop broccoli, dice red onion and halve cherry tomatoes. Toss vegetables well in yoghurt dressing, top with seed mix.



4. FORM FISH CAKES

Roughly chop fish, add to a blender with chives, **1 tsp dried coriander**, **1 tbsp oil**, **salt and pepper**. Pulse lightly until ingredients come together. Remove to a bowl and stir through quinoa. Use oiled hands to form 1/3 cup sized fish cakes (see notes).



5. COOK FISH CAKES

Heat a frypan over medium-high heat with **oil**. Cook fish cakes for 3-4 minutes on each side (see notes) or until cooked through.



6. FINISH AND PLATE

Evenly divide broccoli salad among shallow bowls with fish cakes and a wedge of lemon.

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

