




Product Spotlight: Quinoa


Quinoa is a superfood seed; cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



Lemon Fish with Green Quinoa

White fish fillets cooked in lemon pepper served over quinoa and sautéed green vegetables with a lemon dressing and almonds.

 25 minutes

 4 servings

 Fish

Switch it up!

Use parsley, almonds and lemon to make a pesto! Toss the pesto through the cooked vegetables and quinoa.

Per serve: **PROTEIN** 32g **TOTAL FAT** 22g **CARBOHYDRATES** 46g

FROM YOUR BOX

WHITE QUINOA	200g
LEMON	1
WHITE FISH FILLETS	2 packets
BROCCOLI	1
PARSLEY	1 packet
GARLIC CLOVES	2
SNOW PEAS	150g
ALMONDS	40g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, lemon pepper, honey (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

You can substitute honey for maple syrup, sugar or coconut sugar.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press it down in a sieve to squeeze out excess liquid.



2. MAKE THE LEMON DRESSING

Meanwhile, zest lemon and set zest aside for step 4. Juice lemon and add to a bowl with **2 tsp honey, 1/4 cup olive oil, 2 tbsp water, salt and pepper**. Whisk to combine.



3. COOK THE FISH

Heat a large frypan over medium–high heat. Coat fish in **oil, 3 tsp lemon pepper and salt**. Add to pan and cook for 2–4 minutes each side until cooked through. Remove to a plate and reserve pan (see step 4).



4. SAUTÉ THE VEGETABLES

While fish is cooking, finely chop broccoli and parsley, crush garlic, and trim and slice snow peas.

Reheat pan over medium–high heat with **oil**. Add broccoli, lemon zest and garlic to pan. Sauté for 2 minutes. Add snow peas and parsley and cook for a further minute.



5. ADD THE QUINOA

Add drained quinoa to vegetables. Cook for 2 minutes to warm through. Remove from heat and add lemon dressing. Stir to combine and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop almonds.

Divide quinoa among plates. Serve with fish fillets. Sprinkle over almonds.



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