



### 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.




# Spanish Fish Stew

## with Mixed Organic Quinoa

A warming stew of white fish fillets, flavoured with custom-blend Spanish spice mix with chopped tomatoes, capsicum and kale leaves, served over mixed organic quinoa with fresh parsley.

 25 minutes

 4 servings

 Fish

Per serve: **PROTEIN** 30g **TOTAL FAT** 14g **CARBOHYDRATES** 38g

## FROM YOUR BOX

MIXED ORGANIC QUINOA	200g
BROWN ONION	1
RED CAPSICUM	1
PARSLEY	1 packet
KALE LEAVES	6
SPANISH SPICE MIX	1 packet
WHITE FISH FILLETS	2 packets
CHOPPED TOMATOES	400g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice, balsamic vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Rinse fish until cold running water before adding to stew.



### 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 down in a sieve to squeeze out excess liquid.



### 2. PREPARE THE INGREDIENTS

Dice onion and capsicum. Finely chop parsley stems and set leaves aside for garnish. Roughly chop kale leaves.



### 3. SAUTÉ THE VEGETABLES

Heat a large frypan over medium–high heat with **oil**. Add onion, parsley stems and capsicum and sauté for 5 minutes. Add spice mix and cook for a further 1 minute.



### 4. SIMMER THE STEW

Add chopped tomatoes, **1 1/2 tins water** (600ml) and **1 tbsp vinegar**. Crumble in **stock cube**. Stir to combine and simmer, semi-cover, for 10 minutes.



### 5. ADD THE FISH & KALE

Cut fish into chunks (see notes). Add to stew along with kale. Simmer for further 3–5 minutes until fish is cooked through. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide quinoa among shallow bowls. Top with fish stew and garnish with parsley leaves.



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