

# MARLEY SPOON



## Cajun Blackened Barramundi

with Toasted Quinoa Salad



30-40min



2 Portions

Never toasted quinoa before? You're in for a treat. Adding this simple steps adds a world of flavour and texture to everyone's favourite gluten-free ancient grain, making it taste even nuttier. Top it with cajun-spiced barramundi, spike it with quick-pickled onion and dinner doesn't get any better.

## What we send

- 17
- 4
- coriander
- 1 garlic clove

## What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper
- sugar
- water

## Utensils

- mandoline (optional)
- medium saucepan
- paper towel
- sieve
- small frypan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Rinse the quinoa well to remove the natural coating called saponin ~Garlic used raw needs to be finely minced; a little salt on the chopping board helps. Use all the garlic if you like the flavour.

## Allergens

Fish (4), Sulphites (17). May contain traces of other allergens.

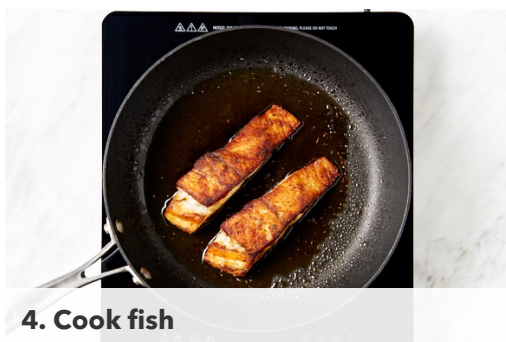
## Nutrition per serving

Energy 725kcal, Fat 38.7g, Carbs 52.4g, Proteins 36.7g



### 1. Prepare vegetables

Remove the husk and silks from the **corn**, then slice the kernels from the cob. Coarsely chop the **tomato**. Finely chop the **coriander**, including the stems. Very thinly slice the **onion**, using a mandoline or sharp knife. Combine the onion, **2 tsp red wine vinegar**, **¾ tsp sugar** and a **large pinch of salt** in a bowl. Set aside, tossing occasionally, until needed.



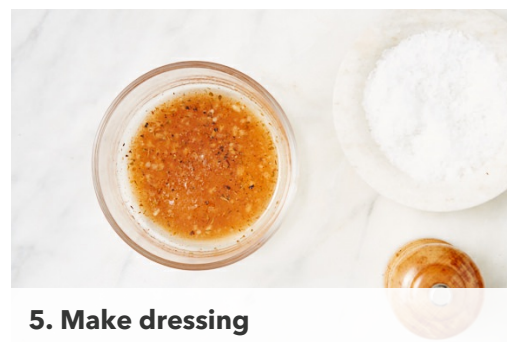
### 4. Cook fish

Heat a small frypan over medium heat. Cook the **fish**, skin side down and covered, for 3 mins. Turn the fish over and cook, uncovered, for 3 mins.



### 2. Cook quinoa

Rinse the **quinoa** well in a sieve, then drain (see cooking tip). Heat **1½ tbs olive oil** over medium-high heat in a medium saucepan. Add the quinoa and toast, tossing constantly, for 2-3 mins until golden. Add **1L (4 cups) water** to the pan, bring to the boil and cook for 8 mins. Add the **corn** and cook for a further 3 mins or until the quinoa is tender. Drain.



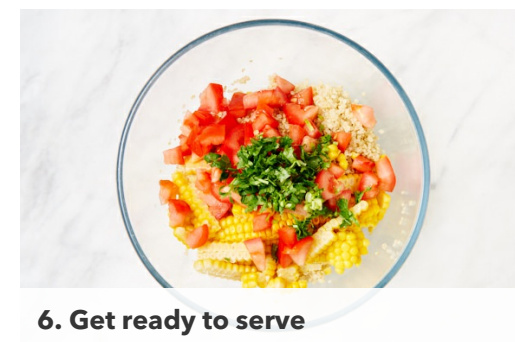
### 5. Make dressing

Meanwhile, finely chop half the **garlic** (the remaining garlic won't be used in this dish), then press with the flat side of a knife to finely mince (see cooking tip). Combine the garlic, **2 tsp onion pickling liquid**, **½ tsp cajun spice**, **1 tbs extra virgin olive oil** and **2 tsp red wine vinegar** in a large bowl and season with **salt and pepper**.



### 3. Season fish

Meanwhile, pat the **fish** dry with paper towel. Combine **1 tbs olive oil** and **2 tsp cajun spice blend** in a medium bowl and season with **salt and pepper**. Add the **fish** and rub to coat.



### 6. Get ready to serve

Add the **quinoa, corn, tomato** and **coriander** to the **dressing** and toss to combine. Cut the **lime** into wedges. Divide the **salad** and **fish** among plates. Scatter over the **pickled onion** and serve with the **lime wedges**.