

MARLEY SPOON



Cajun Blackened Barramundi

with Toasted Quinoa Salad



30-40min



4 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 ¹⁷
- sea salt and pepper
- sugar
- water

Utensils

- fine grater
- large saucepan
- mandoline (optional)
- medium frypan
- paper towel

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 670kcal, Fat 34.0g, Carbs 51.1g, Proteins 36.1g



1. Prepare vegetables

Remove the husk and silks from the **corn**, then slice the kernels from the cobs. Coarsely chop the **tomatoes**. Finely chop the **coriander**, including the stems. Very thinly slice the **onion**, using a mandoline or sharp knife. Combine the onion, **1 tbs red wine vinegar**, **1½ tsp sugar** and a **large pinch of salt** in a bowl. Set aside, tossing occasionally, until needed.



4. Cook fish

Heat a medium 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 **2½ tbs olive oil** over medium-high heat in a large saucepan. Add the quinoa and toast, tossing constantly, for 2-3 mins until golden. Add **1.5L (6 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.



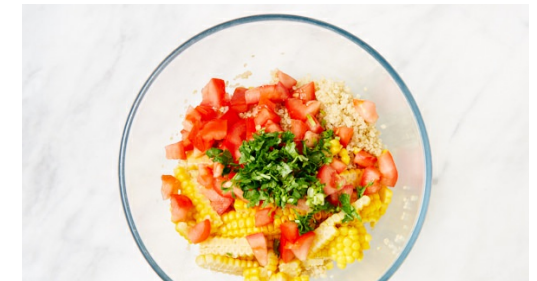
5. Make dressing

Meanwhile, finely chop the **garlic** then press with the flat side of a knife to finely mince (see cooking tip). Combine the garlic, **1 tbs onion pickling liquid**, **1 tsp cajun spice**, **2 tbs extra virgin olive oil** and **1 tbs 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 **1½ tbs olive oil** and **1 tbs 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**.