



Simple Seabass with Black Bean Quinoa & Jalapeno Salsa

In this recipe, we bring you an easy-to-prepare and delicious dish with a Mexican taste. Salsa is traced back to the times of the Aztecs, Incas, and Mayans and it's very healthy, low in calories, high in fiber, and full of numerous vitamins. Combined with Sea bass which is a flavorful fish also low in calories and an excellent source of protein and omega-3 fatty acids, you will have a healthy meal full of flavor.

Ingredients

- Seabass Fillet
- Black Beans
- Mixed Quinoa
- Jalapeno Chilli

- Tomatoes
- Red Onion
- Lime

Your Pantry

- Olive/Rapeseed Oil

Nutritional Info

Calories: 521.5 kcal
Carbohydrates: 65 g
Protein: 35.5 g
Fat: 13.5 g

Allergens

Fish (Seabass)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Boil the Quinoa**

Add the quinoa and 140ml of water per person to a pot on a high heat. Season with a sprinkle of salt. Bring to a simmer and boil for 12 minutes. While the quinoa is cooking move on to the next step.

2) **Prepare the Salsa**

Chop the tomato into pieces that are roughly the same size. Deseed the jalapeno chilli and finely chop. Remove the outer layer from the red onion and finely chop.

3) **Mix the Salsa**

Combine the jalapeno chilli, tomato and red onion in a bowl. Then add the juice of half a lime (keep half a lime back for the end). Season the salsa with salt & pepper.

4) **Add the Black Beans to the Quinoa**

Drain and rinse the black beans and set aside, ready to add to the quinoa. Once the quinoa is cooked, switch off the heat and add the black beans. Cover the pot with a lid and leave the quinoa for 10 minutes without removing the lid.

5) **Cook the Seabass**

Add some oil to a pan over a medium / high heat. Season the fish with salt & pepper. Fry the seabass skin side down for about 2 minutes. Turn it over and cook for approximately 1 minute on the other side until it's cooked through.

6) **Plate the dish**

Fluff up the quinoa with a fork. Serve the fish, black bean quinoa and salsa with a squeeze of fresh lime over the top.



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