Citrus-Tomato Fish over Quinoa

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 6 ounces fish with a quarter of the quinoa and the citrus-tomato mixture

Ingredients

1 cup uncooked quinoa, rinsed
2 cups (16 ounces) low-sodium vegetable or chicken broth
2 tablespoons olive oil, divided
2 cloves garlic, minced (about 1 teaspoon)
½-inch piece ginger, peeled and minced or grated (about ½ teaspoon ginger paste, or a pinch of ground dried ginger)
1 pint grape or cherry tomatoes, halved (about 2 cups)
½ teaspoon salt, divided
1 orange, peeled, sectioned, and cut into small chunks
4 (6-ounce) fish fillets (e.g. cod, tilapia, salmon)
¼ teaspoon ground black pepper

Directions

1. Add the quinoa and broth to a small saucepan. Bring to a boil, then reduce to a simmer. Cover with a lid and cook until the quinoa is fluffy and tender, about 10-15 minutes.

2. Meanwhile, heat a medium nonstick skillet over medium heat. Add 1 tablespoon of the oil and heat until shimmering.

3. Add the garlic and ginger. Cook for 30-60 seconds.

4. Add the tomatoes and ¼ teaspoon of the salt. Cook, stirring often, until they start to break down, about 3-5 minutes.

5. Add the orange pieces and cook, stirring often, until heated through, about 1-2 minutes.

6. Transfer the citrus-tomato mixture to a plate or bowl and cover to keep warm. Place the pan back over the heat.

7. Pat the fish dry with paper towels. Sprinkle the remaining ¼ teaspoon salt and the black pepper on both sides.

8. Add 1 tablespoon oil to the pan and heat until shimmering.

9. Place the fish in the pan. Heat until fish is cooked through and flakes easily with a fork, about 2-4 minutes per side.

10. Portion the quinoa, fish, and citrus-tomato mixture into four dishes, then serve warm.