

delicious dish

parchment steamed branzino with ginger, scallions and greens with quinoa
serves 2-4

Produce	Pantry	Pantry	Meat/Fish/ Chicken Freezer Dairy
A few big handfuls of pea shoots or 1 bunch watercress* (can use spinach also) 2-4 bok choy 4 shitake mushrooms 1 long red chil small oniony	sesame oil low sodium soy sauce, tamari or coconut aminos 1 cup dry quinoa	parchment paper A stapler cookie sheet pot for the quinoa	4 branzino fillets or any fish of your choice