

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Moqueca (Brazilian Seafood Stew)

Makes servings 6-8

Straight out of Rio, this seafood specialty is sure to win a gold medal at your home!

Ingredients

- 1 pound boneless, skinless white fish (sea bass, cod, halibut, pollock, etc.) filets, cut into 2" pieces
- 1 pound medium shrimp, peeled and deveined
- ¼ cup fresh lime juice
- 8 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. olive oil or coconut oil
- 1 small yellow onion, thinly sliced
- 1 small red bell pepper, seeded, halved, and thinly sliced
- 1 small green bell pepper, seeded, halved and thinly sliced
- 3 cups fish or vegetable stock
- 2 plum tomatoes, chopped
- 2 green plantains, peeled and cut into ¾ inch cubes
- 1 jalapeno pepper, minced (optional)
- 1 bay leaf
- 1 (13 ounce) can lite coconut milk
- ½ cup minced cilantro leaves, plus extra for garnish
- ½ cup unsweetened flaked coconut, toasted*

Cooked brown rice, to serve

Instructions

1. Toss fish, shrimp, juice, half the garlic, and salt and pepper in a bowl; set aside.
2. Heat olive oil in a 6-qt. Dutch oven over medium-high heat. Add remaining garlic, onion, red and green pepper; cook until tender, about 4 minutes. Add stock, tomatoes, plantain, jalapeno (optional), and bay leaf. Simmer another 5 minutes, until plantains are tender. Add coconut milk.
3. Drain fish and shrimp and add to pot; cover and simmer until just cooked through, about 5 minutes. Stir in cilantro; season with salt and pepper, if desired. Discard bay leaf.
4. Garnish with toasted coconut and cilantro leaves. Serve with brown rice.

***To toast coconut: place coconut in a dry saute pan over medium-high heat. Cook, stirring often, until slightly brown. Remove from pan.**

Nutritional Information per 1 ½ cup serving with 1/2 cup rice:

Calories: 448	Carbohydrates: 51g
Total Fat: 15g	Cholesterol: 123mg
Saturated Fat: 7g	Dietary Fiber: 6g
Sodium: 599mg	Protein: 29 g