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.

*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