



Moqueca – Brazilian Fish Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 14 ounce coconut milk canned
- ☐ 1 large bunch cilantro leaves with some set aside for garnish chopped
- ☐ 1.5 lbs cod white firm cold rinsed cut into large servings
- ☐ 1 clove garlic minced
- ☐ 0.3 cup green onion greens chopped
- ☐ 4 Tbsp juice of lemon
- ☐ 1 Tbsp olive oil

- ☐ 0.5 onion chopped
- ☐ 1 pinch pepper flakes red
- ☐ 1 teaspoon salt
- ☐ 1 cup spring onion yellow sliced chopped
- ☐ 1 Tbsp paprika sweet (Hungarian)
- ☐ 2 cups tomatoes sliced chopped (or)
- ☐ 1.8 cups water boiling for the appropriate ratio of liquid to rice for the type of rice you are using (check your rice package)
- ☐ 1 cup rice white
- ☐ 0.5 bell pepper red yellow seeded sliced chopped (or)

Equipment

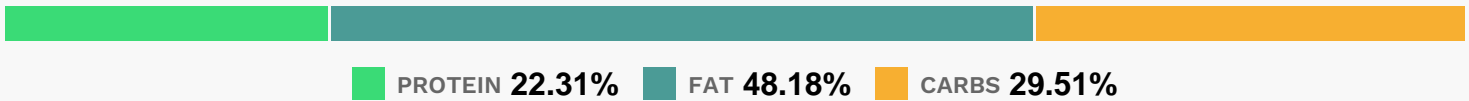
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Place fish pieces in a bowl, add the minced garlic and lime juice so that the pieces are well coated.
- ☐ Sprinkle generously all over with salt and pepper. Keep chilled while preparing the rest of the soup.² If you are planning on serving the soup with rice, start on the rice. Bring a couple cups of water to a boil.
- ☐ Heat one Tbsp of olive oil in a medium saucepan on medium high heat.
- ☐ Add the chopped 1/2 onion and cook, stirring, until the onion is translucent.
- ☐ Add the garlic and cook for 30 seconds more, until the garlic is fragrant.
- ☐ Add the raw white rice and stir to coat completely with the oil, onions, and garlic.
- ☐ Add the boiling water. (The amount depends on your brand of rice, check the package. If no amounts are given, add 1 3/4 cup of water for every cup of rice.) Stir in 1 teaspoon of salt. Bring to a simmer, then lower the heat, cover, and let cook for 15 minutes, after which, remove

- from heat until ready to serve with the soup.³ Back to the soup. In a large covered pan (such as a Dutch oven), coat the bottom with about 2 Tbsp of olive oil and heat on medium heat.
- ☐ Add the chopped onion and cook a few minutes until softened.
 - ☐ Add the bell pepper, paprika, and red pepper flakes.
 - ☐ Sprinkle generously with salt and pepper. (At least a teaspoon of salt.) Cook for a few minutes longer, until the bell pepper begins to soften. Stir in the chopped tomatoes and onion greens. Bring to a simmer and cook for 5 minutes, uncovered. Stir in the chopped cilantro.³ Use a large spoon to remove about half of the vegetables (you'll put them right back in).
 - ☐ Spread the remaining vegetables over the bottom of the pan to create a bed for the fish. Arrange the fish pieces on the vegetables.
 - ☐ Sprinkle with salt and pepper. Then add back the previously removed vegetables, covering the fish.
 - ☐ Pour coconut milk over the fish and vegetables.⁴ Bring soup to a simmer, reduce the heat, cover, and let simmer for 15 minutes. Taste and adjust seasonings. You may need to add more salt (likely), lime or lemon juice, paprika, pepper, or chili flakes to get the soup to the desired seasoning for your taste.
 - ☐ Garnish with cilantro.
 - ☐ Serve with rice or with crusty bread.

Nutrition Facts



Properties

Glycemic Index:81.55, Glycemic Load:24.55, Inflammation Score:-9, Nutrition Score:40.259999669116%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg

Nutrients (% of daily need)

Calories: 723.82kcal (36.19%), Fat: 39.27g (60.42%), Saturated Fat: 24.33g (152.05%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 48.3g (17.56%), Sugar: 8.96g (9.96%), Cholesterol: 112.26mg (37.42%), Sodium: 751.88mg (32.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.92g (81.85%), Selenium: 111.35µg (159.08%), Vitamin D: 23.64µg (157.62%), Manganese: 1.68mg (83.85%), Vitamin B3: 15.6mg (77.99%), Phosphorus: 634.84mg (63.48%), Vitamin B6: 1.26mg (63.04%), Vitamin C: 43.77mg (53.06%), Vitamin B12: 2.89µg (48.19%), Vitamin A: 2359.66IU (47.19%), Potassium: 1399.58mg (39.99%), Vitamin E: 5.41mg (36.1%), Magnesium: 120.19mg (30.05%), Vitamin K: 30µg (28.57%), Copper: 0.54mg (27.24%), Fiber: 5.83g (23.31%), Iron: 3.58mg (19.9%), Zinc: 2.69mg (17.91%), Vitamin B1: 0.26mg (17.46%), Vitamin B5: 1.51mg (15.11%), Folate: 60.35µg (15.09%), Vitamin B2: 0.19mg (11.02%), Calcium: 74.32mg (7.43%)