

MOQUECA

(Brazilian Fish Stew)



Ingredients:

1	Pound	Flounder (or any other white fleshed fish)
3/4	Pound	Raw Shrimp, peeled and deveined
		Salt & Pepper to taste
2	Tablespoons	Coconut Oil
1	Medium	Sweet Onion, diced
2	Small	Pablano Peppers, diced
1	Medium	Red Bell Pepper, diced
3	Cloves	Fresh Garlic, minced
1/4	Cup	Fresh Cilantro, chopped
3	Medium	Tomatoes, peeled, seeded & diced
1	Teaspoon	Smoked Paprika
3	Cups	Coconut Milk
1	Medium	Lime, cut into wedges

Directions:

1. Rinse and pat dry fish and shrimp. Salt and Pepper to taste. Set aside.
2. Heat coconut oil in a stock pot over medium heat. Add onion and peppers and cook just until onion begins to soften. Add garlic, parsley, tomato and paprika. Cook an additional 2 – 3 minutes.
3. Add the coconut milk and bring to a boil, then reduce heat to low and add the shrimp. Simmer for 1 minute, then add the flounder. Simmer another 2 – 3 minutes until fish flakes easily and shrimp is opaque.
4. Adjust seasoning as needed and serve with rice and a wedge of lime.