BRAZILIAN · DINNER

# Moqueca (Brazilian Fish Stew)

45 min · Serves 6 · 319 kcal a serve · Video 6:06 · Marlon Doll

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Snapper gives about 21 g of protein and nearly a day's vitamin B12 a serve, and the vegetables, mostly the two capsicums, supply nearly a day's vitamin C. The coconut milk makes it rich, with about 11 g of saturated fat a serve.

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## Ingredients 17 · SERVES 6

- [ ] 500 g **red snapper** (or other firm white fish; the video uses snapper and cod), in large pieces
- [ ] 1–2 **limes**, juiced, for marinating
- [ ] **salt** to taste (about 1 tsp), for the marinade and to finish
- [ ] 2 tbsp **olive oil**
- [ ] 1 large **onion**, sliced
- [ ] 2 **capsicums** (bell peppers), thinly sliced
- [ ] 3 **garlic** cloves, minced
- [ ] 2 **chillies**, minced
- [ ] 1 tbsp **ground cumin**
- [ ] 1 tbsp **paprika**
- [ ] 1 tbsp **tomato paste**
- [ ] 350–470 ml **crushed tomatoes**
- [ ] 1 × 400 ml can **coconut milk** (hold back the thin last fifth)
- [ ] 1 tbsp **red palm oil** (dendê) drizzled at the end, or olive oil
- [ ] 1 bunch **coriander**, finely chopped
- [ ] 50 g sliced **green onions**
- [ ] **black pepper**, freshly ground, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the fish into large pieces, toss with the lime juice and a little salt and refrigerate for 15 minutes (or up to a few hours) while you prep the vegetables. 1:06
2. Heat the olive oil in a wide pot and cook the sliced onion over medium-high for about 5 minutes. Add the capsicums and cook 3 minutes, then the garlic and chilli. 1:40
3. Stir in the cumin and paprika for a minute or two, then add the tomato paste and crushed tomatoes. 2:50
4. Nestle the fish into the sauce with its lime juice and pour in the coconut milk, holding back any thin watery part unless the stew needs it. Cover and simmer gently 10–15 minutes until the fish just flakes; avoid stirring. 3:38
5. Drizzle over the palm oil, scatter in the green onions and most of the coriander, and season with salt and pepper. 4:54

> **Tip** Swap in light coconut milk to cut saturated fat by about two-thirds. Prawns can go in a few minutes after the fish. Serve with brown rice and lime wedges.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 6 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 319 kcal | 21 g | 16 g |
| 1,340 kJ | 43% of a day | 12 g net · 7.2 g sugars |
| | | 6% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 4.1 g | 20 g | 530 mg |
| 15% of a day | 11 g saturated | 23% of a day |
| | 26% of a day | |

**Energy from** net carbs 15% · protein 27% · fat 58% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin B12 97% · Vitamin C 94% · Selenium 68% · Vitamin B6 39% · Vitamin K 36% · Iron 25% · Vitamin E 24% · Potassium 20%

**Source of** (10–19%) Vitamin A 19% · Magnesium 18% · Omega-3 17% · Folate 15% · Zinc 11%

**Recipe and video:** Marlon Doll (@MarlonDoll) on YouTube — youtube.com/watch?v=Q8qKhauyMGE, published 21 July 2015. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/marlon-doll-moqueca-fish-stew