

Brazilian Fish Stew (Moqueca)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-fish-stew-recipe-palm-oil>

Ingredients:

- 1/2 pound large shrimp
- 1/2 pound white fish cut in 2" pieces
- 8 cherry peppers sweet, pureed
- 1 cup coconut milk
- 1/2 teaspoon ginger paste
- 1/2 red onion diced
- 1 can diced tomatoes
- 1 cup fish stock
- 1 tablespoon fresh lime juice
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt to taste
- cilantro for serving
- 2 teaspoons dende oil red palm oil

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 35 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 13 grams
8. Sodium: 540 milligrams
9. Sugar: 4 grams

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