

# Moqueca (Brazilian Fish Stew)

Yield: 7 min  
Total Time: 23 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-mukeka-recipe>

## Ingredients:

- 1 1/2 pounds filets boneless, skinless catfish, cut into 2? pieces
- 8 ounces medium shrimp peeled and deveined
- 1/4 cup fresh lime juice
- 8 cloves garlic minced
- kosher salt
- freshly ground black pepper
- 3 tablespoons olive oil
- 1 1/2 yellow onions small, 1 minced, 1?2 thinly sliced
- 1 Italian frying pepper stemmed, seeded, half minced, half thinly sliced
- 2 plum tomatoes cored, 1 minced, 1 thinly sliced
- 1 cup fish stock
- 1 cup coconut milk
- 2 tablespoons palm oil available at My Natural Market
- 1/4 cup cilantro minced
- 1/2 cup thai basil leaves minced
- cooked white rice to serve

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 50 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 10 grams
8. Sodium: 280 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Moqueca (Brazilian Fish Stew) above. You can see more 15 brazilian mukeka recipe Elevate your taste buds! to get more great cooking ideas.