

# Brazilian Seafood Stew (Moqueca de Camaroes)

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-seafood-stew-moqueca-recipe>

## Ingredients:

- 1 pound raw prawn peeled and deveined
- 1 1/2 tablespoons olive oil
- 1 tablespoon palm oil
- 1 onion medium, finely chopped
- 1 garlic clove minced
- 1/4 cup roasted red pepper diced
- 1/4 cup fresh cilantro chopped
- 3 fresh tomatoes medium size, / 1 can, 14oz can diced tomatoes
- 2 green chilies chopped
- 1 cup coconut milk
- 1 tablespoon hot sauce Sriracha
- 2 tablespoons fresh lime juice
- salt
- pepper

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 15 grams
3. Fat: 23 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 15 grams
7. Sodium: 430 milligrams
8. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Brazilian Seafood Stew (Moqueca de Camaroes) above. You can see more 20 brazilian seafood stew moqueca recipe Dive into deliciousness! to get more great cooking ideas.