



# Chef John's Brazilian Fish Stew



Prep  
12 m

Cook  
20 m

Ready In  
32 m

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2515 Ellsworth Rd  
YPSILANTI, MI 48197  
Sponsored



Recipe By: Chef John

"My interpretation of Brazilian seafood stew (or moqueca) uses just fish, so I'm calling it the weeknight version. It's ready to serve in less than 30 minutes."

## Ingredients

2 cups water  
1 cup uncooked white rice  
1 tablespoon olive oil  
1 yellow onion, thinly sliced  
1 teaspoon salt, plus more to taste  
2 tablespoons tomato paste  
4 cloves minced garlic  
2 teaspoons paprika  
1 teaspoon ground cumin  
cayenne pepper to taste

1 (14 ounce) can full-fat coconut milk  
1 teaspoon soy sauce  
1 red or yellow bell pepper, halved and thinly sliced  
2 jalapeno peppers, seeded and thinly sliced  
1/4 cup chopped green onion  
1 1/2 pounds sea bass fillets, cut into chunks  
1 pinch salt  
1/4 cup chopped cilantro leaves  
2 tablespoons freshly squeezed lime juice

**Loose Green Bell Peppers 1 Each**  
\$0.50 for 1 item -  
expires in 2 days



**Loose Limes 1 Each**  
\$0.10 for 1 item -  
expires in 4 days



## Directions

- 1 Bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 20 to 25 minutes.
- 2 Heat olive oil in a skillet over medium heat. Add onions and 1 teaspoon salt. Cook and stir just until onions start to get soft, 3 or 4 minutes. Add tomato paste, garlic, paprika, cumin, and cayenne pepper. Continue cooking about 3 minutes. Pour in coconut milk and add soy sauce. When mixture starts to bubble, let it simmer about 5 minutes.
- 3 Increase heat to medium-high. Stir in bell peppers, jalapeno peppers, and green onions. Let mixture come back to a simmer. Transfer fish to skillet; stir. Cover and cook over medium-high heat until fish starts to flake, about 5 minutes. Remove from heat. Add salt, cilantro, and lime juice; stir carefully to avoid breaking up the fish. Serve with rice.

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