



Moqueca de Peixe

INGREDIENTS

1 Brown onion, cut into 1cm pieces
1 Green capsicum, cut into 1cm pieces
1 Red capsicum, cut into 1cm pieces
4cm-piece Ginger, finely chopped
4 Garlic cloves, crushed
1 Long fresh red chillies, thinly sliced
2 Tomatoes, cut into 1cm pieces
300ml Coconut milk
175ml Chicken stock

1 firm white fish fillet, cut into 4cm pieces
6 large green prawns, peeled, tails intact, deveined
1 sprig chopped fresh coriander
½ Lime, juiced
2 Shallots, thinly sliced
Fresh coriander leaves, to serve
Steamed rice, to serve



Serves: 2



Prep Time: 30 min



Cooking Time: 20 min

METHOD

Heat the oil in a saucepan over medium-low heat. Cook the onion for 3 minutes or until soft.

Stir in combined capsicum, ginger, garlic and half the chilli for 3 minutes or until aromatic. Stir in tomato for 5 minutes or until soft. Stir in coconut milk and stock.

Bring to the boil. Reduce heat to low.

Add the fish and simmer for 2-3 minutes. Add the prawns and simmer for 3-4 minutes or until cooked. Stir in chopped coriander, lime juice and half the shallot.

Top with the coriander leaves, and the remaining chilli and shallot.

Serve with rice.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

