



# Brazilian Style Fish Moqueca

with Zesty Rice and Chilli Flakes

Classic 35 Minutes • Mild Spice • 2 of your 5 a day

48



Onion



Basmati Rice



Garlic Clove



Medium Tomato



Lime



Ginger Puree



Ground Turmeric



Coconut Milk



Vegetable Stock Paste



Fish Pie Mix



Chilli Flakes



Influenced by Afro-Brazilian culture, moqueca is a versatile seafood stew. It starts with onion, garlic and tomato, before coconut milk, chilli and lime are added. There's many versions of moqueca, but fish ones like our dish are the most famous.

#### Pantry Items

Oil, Salt, Pepper, Butter, Sugar

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Frying pan, saucepan, lid, garlic press, fine grater and kitchen paper.

## Ingredients

| Ingredients           | 2P       | 3P        | 4P        |
|-----------------------|----------|-----------|-----------|
| Onion                 | 1        | 1         | 2         |
| Basmati Rice          | 150g     | 225g      | 300g      |
| Garlic Clove**        | 2        | 3         | 4         |
| Medium Tomato         | 2        | 3         | 4         |
| Lime**                | ½        | 1         | 1         |
| Ginger Puree          | 15g      | 15g       | 30g       |
| Ground Turmeric       | 1 sachet | 2 sachets | 2 sachets |
| Coconut Milk          | 180ml    | 250ml     | 360ml     |
| Vegetable Stock Paste | 10g      | 15g       | 20g       |
| Fish Pie Mix** 4)     | 1 pack   | 1½ packs  | 2 packs   |
| Chilli Flakes         | 1 pinch  | 1 pinch   | 2 pinches |
| Pantry                | 2P       | 3P        | 4P        |
| Butter*               | 20g      | 30g       | 40g       |
| Sugar for the Onions* | ½ tsp    | ¾ tsp     | 1 tsp     |
| Water for the Rice*   | 300ml    | 450ml     | 600ml     |
| Sugar for the Sauce*  | ½ tsp    | ¾ tsp     | 1 tsp     |
| Water for the Sauce*  | 100ml    | 150ml     | 200ml     |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values                 | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>676g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 2764 /661   | 409 /98     |
| Fat (g)                        | 27.4        | 4.1         |
| Sat. Fat (g)                   | 19.5        | 2.9         |
| Carbohydrate (g)               | 78.7        | 11.6        |
| Sugars (g)                     | 11.6        | 1.7         |
| Protein (g)                    | 29.4        | 4.4         |
| Salt (g)                       | 2.69        | 0.40        |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 4) Fish

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## 1 Caramelize the Onions

Halve, peel and thinly slice the **onion**.

Heat the **butter** (see pantry for amount) in a medium frying pan on medium heat.

Once melted, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 8-10 mins.

Add the **sugar for the onions** (see pantry for amount) and cook until caramelised, 1-2 mins more.



## 4 Simmer and Stir

Once the **onion** is cooked, add the **ginger puree**, **garlic** and **turmeric**. Stir well and cook until fragrant, 1 min.

Next, stir in the **tomatoes**, **coconut milk**, **water for the sauce** (see pantry for amount) and **vegetable stock paste**. Bring to the boil, then reduce the heat to medium.

Simmer until the **sauce** has thickened and the **tomatoes** have cooked down, stirring occasionally, 8-10 mins.



## 2 Cook the Rice

While the **onions** cook, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

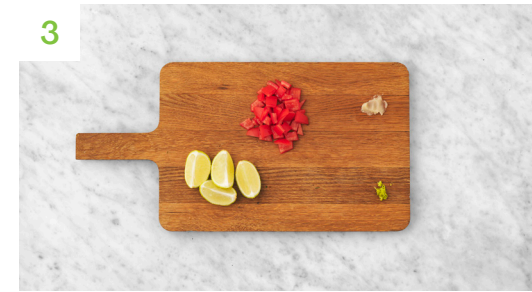


## 5 Poach the Fish

Drain the **fish pie mix** and pat dry with kitchen paper. Once the **sauce** has thickened, gently stir through the **fish pie mix**.

Lower the heat and simmer gently, stirring occasionally, until the **fish** is cooked, 5-8 mins.  
**IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the centre.

Add a squeeze of **lime juice**, then taste and add more **salt**, **pepper** and **lime juice** if needed. Add a splash of **water** if it's a little too thick.



## 3 Prep Time

While everything cooks, peel and grate the **garlic** (or use a garlic press).

Cut the **tomatoes** into 2cm chunks.

Zest and quarter the **lime** (see ingredients for amount).



## 6 Finish and Serve

Fluff up your **rice** with a fork and stir through the **lime zest**. Share between bowls and top with your **moqueca**.

Sprinkle over the **chilli flakes** and serve with any remaining **lime wedges** alongside for squeezing over.

## Enjoy!