

Brazilian Style Smoked Fish Moqueca

with Zesty Rice and Chilli Flakes

A Taste of Brazil 35 Minutes • Mild Spice • 2 of your 5 a day



Onion



Basmati Rice



Garlic Clove



Medium Tomato



Lime



Ginger Puree



Ground Turmeric



Coconut Milk



Vegetable Stock Paste



Fish Pie Mix



Chilli Flakes



King Prawns

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

+ Add King Prawns

If you chose to add king prawns, then just follow the instructions on the back of this card.

Happy cooking!



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.

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
King Prawns* 5)	150g	225g	300g
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	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	676g	100g	751g	100g
Energy (kJ/kcal)	2764/661	409/98	2955/706	394/94
Fat (g)	27.4	4.1	27.8	3.7
Sat. Fat (g)	19.5	2.9	19.5	2.6
Carbohydrate (g)	78.7	11.6	78.7	10.5
Sugars (g)	11.6	1.7	11.6	1.6
Protein (g)	29.4	4.3	39.9	5.3
Salt (g)	2.69	0.40	3.70	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 5) Crustaceans

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.

You can recycle me!

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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**, **sugar** and **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).



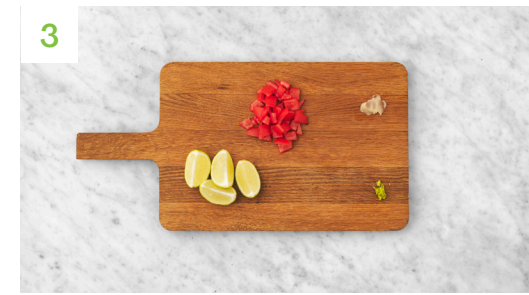
5 Poach the Fish

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.

+ Add King Prawns

Drain the **prawns**, then add them to the pan with the **fish mix**. Simmer for the same amount of time. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



3 Finish the Prep

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 your bowls and top with the **moqueca**.

Sprinkle over the **chilli flakes** (add less if you'd prefer things milder) and serve with any remaining **lime wedges** alongside for squeezing over.

Enjoy!