Moqueca

Ingredients

- 1 1/2 lb White Fish
- 3 T Olive Oil
- 1 c Carrot (diced)
- 1 Jalapeno (ribs and seeds removed, chopped)
- 1 T Tomato Paste
- 1 t Cumin
- 1 1/2 c Tomatoes (diced)
- 1/2 c Cilantro
- 1 Red Bell Pepper (diced)
- 1 t Salt
- 1 Onion (finely diced)
- 4 clv Garlic (chopped)
- 2 t Paprika
- 1 c Fish Stock
- 14 oz Coconut Milk
- 2 Limes

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Instructions

1.Pat dry the fish and place in a bowl. Add 1/2 teaspoon salt, zest from half of 1 lime and 1 tablespoon lime juice. Massage lightly to coat all pieces well. Set aside.
2.In a dutch oven, heat the olive oil over medium high heat. Add onion and 1/2 teaspoon salt, and sautÃ© 2-3 minutes.
3.Turn heat down to medium, add carrot, bell pepper, garlic and jalapeno and cook 4-5 more minutes.
4.Add tomato paste, paprika, cumin, and fish stock. Mix and bring to a simmer and add tomatoes. Cover and simmer gently on medium low for 5 minutes or until carrots are tender.
5.Add the coconut milk and taste and add more salt if necessary. Nestle the fish in the stew and simmer gently until itâ€™s cooked through, about 4-6 minutes. Spoon the broth over the fish and cook until desired doneness or longer for thicker pieces. Taste and season with salt and pepper, if needed. Squeeze the juice of half a lime, add more if needed.
6.Sprinkle with cilantro and the rest of the lime. Serve with rice or bread on the

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side.