

Seafood Moqueca

Brazil's classic fish stew is surprisingly easy to make at home and hands down delicious. We make our version with the traditional coconut milk and tomatoes, plus seared salmon and shrimp. We serve it with cilantro rice for a cozy dinner that's on the table in less than thirty minutes.

25 Minutes to the Table

25 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Rice
- Chive & Cilantro Butter
- Salmon
- Veggies
- Moqueca Sauce
- Shrimp

Make it Your Own

If you ordered the **Carb Conscious** version we sent you cauliflower "rice" instead of rice, reducing the **carbs per serving to 27g**. Skip step 1. Prior to step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot add the cauliflower "rice" and sauté until it starts to brown, about 2 to 3 minutes. Transfer to a mixing bowl and add half the Chive & Cilantro Butter. Stir until butter is melted and use in place of rice in step 4.

Good to Know

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant. **Our salmon** is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Health snapshot per serving – 840 Calories, 39g Protein, 51g Fat, 60g Carbs, 23 Freestyle Points

Lightened-Up Health snapshot per serving – 660 Calories, 38g Fat, 45g Carbs, 16 Freestyle Points by using two-thirds of the Moqueca Sauce and two-thirds of the Chive & Cilantro Butter.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Shrimp, Onion, Bell Pepper, Tomato, Carrot, Coconut Milk, Butter, Chive, Cilantro, Cumin, Garlic, Chicken Stock, Paprika, Lime.

meezmeals

1. Cook the Rice

Set a large saucepan of water to boil.

Add the **Rice** to the boiling water and cook, uncovered, until desired tenderness, about 15 to 20 minutes. Drain and return to the saucepan. Add half the **Chive & Cilantro Butter** to the rice and stir until the butter is melted. Cover and set aside.

2. Sear the Salmon

While the rice is cooking, dry and generously season the **Salmon** with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot add the salmon and cook until it starts to brown, about 2 minutes. Flip and brown the other side, about 2 additional minutes. Transfer the salmon to a cutting board and break it up using a fork into about 6 to 8 large pieces and set aside. Do not wipe out the pan.

3. Cook the Veggies and Shrimp

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Veggies** and cook until the onion softens and spices are aromatic, about 2 to 3 minutes.

Add the **Moqueca Sauce**, stir and bring to a boil. Reduce the heat to medium-low and add the **Shrimp**, along with any liquid from the shrimp packet. Add the seared salmon pieces and cook until the veggies are fork tender, about 5 minutes.

4. Put It All Together

Remove the skillet from the heat and add the remaining Chive & Cilantro Butter. Stir until it is melted.

Fill one side of the serving bowls with rice and ladle the Moqueca onto the other side. Use a spoon to get a bit of rice and delicious stew with each bite!

Don't worry about the amount of water, just make sure the rice will be completely covered while boiling.

The salmon will not be fully cooked but will finish cooking in step 3.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois