



Seafood Moqueca

Ingredients:

- 700 grams seafood mix
 - 2 tablespoons olive oil
 - 1 onion, finely chopped
 - 3 cloves garlic, minced
 - 1 red bell pepper, sliced
 - 1 yellow bell pepper, sliced
 - 1 can (400 ml) coconut milk
 - 1 can (400 grams) diced tomatoes, undrained
 - 1 tablespoon tomato paste
 - 1 teaspoon paprika
 - 1 teaspoon cumin
 - 1 teaspoon coriander
 - Salt and pepper to taste
 - 1/4 cup fresh cilantro, chopped
 - 1/4 cup fresh parsley, chopped
 - 1 lime, cut into wedges
 - Cooked rice for serving
- Instructions:

Seafood Moqueca



Prepare the Seafood Mix:

If needed, clean and prepare the seafood mix, ensuring it's ready for cooking.

Sauté Vegetables:

In a large, deep skillet or pot, heat olive oil over medium heat.

Add chopped onions and sauté until softened.

Add minced garlic and sliced red and yellow bell peppers, cooking until the peppers are tender.

Add Tomatoes and Coconut Milk:

Pour in the diced tomatoes with their juice and add tomato paste.

Stir in coconut milk, paprika, cumin, coriander, salt, and pepper. Mix well.

Simmer Seafood:

Add the seafood mix to the coconut-tomato mixture, ensuring it's evenly distributed.

Simmer on medium-low heat for about 10-15 minutes or until the seafood is cooked through.

Finish and Garnish:

Stir in chopped cilantro and parsley, allowing the flavors to meld for an additional 2-3 minutes.

Serve:

Serve the Seafood Moqueca over cooked rice.

Garnish with additional fresh cilantro and parsley.

Serve with lime wedges on the side for a citrusy kick.

Enjoy:

Enjoy this rich and flavorful Seafood Moqueca as a warm and comforting dish for your Valentine's Day celebration!