



HOME CHEF

Brazilian Shrimp Moqueca

With Coconut-Tomato Sauce, Zucchini, Grape Tomatoes, and Mashed Rutabagas



Moqueca (mo-KAY-ka) is a seafood stew from Brazil. We keep the broth traditional with coconut milk, tomato sauce, and a mix of seasonings popular in Brazil, and use plump shrimp as our seafood of choice. It's accented with cilantro and lime; brimming with onions, yellow bell peppers, and zucchini; and finished with a non-traditional (but awesome) rutabaga mash.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 440
Carbohydrates: 35g
Fat: 31g
Protein: 18g
Sodium: 1308mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

We're already in South America, so get your wine from Argentina and grab a bottle of Torrontés. It's a refreshing fruity white with notes of apricot and peach that goes beautifully with shrimp.

INGREDIENTS

1 Yellow Onion
.15 oz. Cilantro Sprigs
7 oz. Zucchini
3 oz. Grape Tomatoes
1 Lime
1 Yellow Bell Pepper
10 oz. Rutabaga
16 Shrimp
1 ½ tsp. Brazilian Seasoning
6 oz. Coconut Milk
4 oz. Tomato Sauce

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Small Pot
Wire-Mesh Strainer
Medium Non-Stick Pan

DID YOU KNOW?

What's the difference between shrimp and prawns? In America, large shrimp are often called prawns, and vice versa. Technically, shrimp are more like crabs and lobsters than prawns. Prawns have three pairs of pincers rather than a shrimp's two, and they don't have a curved abdomen. Our Brazilian seasoning blend: 2 parts smoked paprika, 2 parts coriander, 2 parts onion powder, and 1 part garlic powder.

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Prepare the Ingredients

Thoroughly rinse produce and pat dry. Place a colander in the sink. Peel and cut **onion** into strips. Stem and mince **cilantro**. Trim **zucchini**, halve lengthwise, and cut into ½” slices. Halve **tomatoes**. Zest and quarter **lime**. Stem, seed, and slice **yellow pepper** into strips. Peel and cut **rutabaga** into 1” dice. Rinse **shrimp** and pat dry. Season shrimp with ½ tsp. **Brazilian seasoning** and a pinch of **salt and pepper**. *No zester? You can use a peeler to zest lime. Be careful to remove just the outer green skin, as the white “pith” underneath is bitter.*

Make Rutabaga Mash

Bring a small pot with **rutabaga** and **lightly salted water** to a boil. Reduce to a simmer and cook until rutabaga is tender, about 12-15 minutes. Strain and return to pot. Mash with 2 Tbsp. **coconut milk**. If mash appears dry, add more coconut milk 1 Tbsp. at a time and mash until desired consistency is reached. Season to taste with **salt and pepper**. Cover and set aside.

Cook the Vegetables

Warm a medium non-stick pan over high heat. Add 1 tsp. **olive oil**, **onion**, **zucchini**, **yellow pepper**, and half the **lime zest**. Cook until vegetables are tender, about 5-6 minutes. Season to taste with **salt and pepper**. Transfer to a plate and return pan to medium-high heat. No need to wipe pan.

Sear the Shrimp

Add 1 tsp. **olive oil** and **shrimp** to pan and cook for 2-3 minutes on each side or until deeply caramelized and firm and a minimum internal temperature of 140 degrees is reached. Transfer to plate with vegetables and cover with **foil**. Return pan to medium-high heat. No need to wipe pan.

Make the Sauce

Add remaining **coconut milk**, **halved tomatoes**, **tomato sauce**, remaining **Brazilian seasoning**, and **cilantro** (reserving a bit for garnish) to pan. Cook for 4-6 minutes, or until thickened. Season to taste with **salt**, **pepper**, and juice from 2 **lime quarters**. *The lime juice adds a nice acidity to cut the rich coconut milk, but you may not need all the lime juice. Taste after one squeeze, and add more if desired.*

Plate the Dish

Ladle sauce on a plate. Place a scoop of **rutabaga mash** in center of plate and arrange **vegetables** around the mash. Top with **shrimp** and garnish with remaining **cilantro**, **lime zest**, and any remaining **lime quarters**.