



Brazilian Fish Stew

Oscar · 29/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

1 hr 5 mins

Description

This super easy but hearty Brazilian fish stew is full of flavor and absolutely delicious. It's a simplified version of a common Brazilian dish that I remember from my childhood and it's become a favorite even among my kids and I even though we don't like fish. This can be made easily on the stovetop or in the slow cooker for a no-fail convenience meal. Use salmon in place of tilapia for a stronger fish flavor. Serve with hot rice or warm tortillas.

Ingredients

- 3 tablespoons lime juice - 1 tablespoon ground cumin - 1 tablespoon paprika - 2 teaspoons minced garlic - 1 teaspoon salt - 1 teaspoon ground black pepper - 1 ½ pounds tilapia fillets
- cut into chunks - 2 tablespoons olive oil - 2 onions
- chopped - 4 large bell peppers
- sliced - 1 (16 ounce) can diced tomatoes
- drained - 1 (16 ounce) can coconut milk - 1 bunch fresh cilantro
- chopped (Optional)

Instructions

1. Whisk lime juice
2. cumin
3. paprika
4. garlic
5. salt
6. and pepper together in a large glass or ceramic bowl. Add tilapia and toss to evenly coat. Cover the bowl and marinate in the refrigerator for least 20 minutes
7. up to 24 hours. Heat oil in a large pot over medium-high heat. Add onions; cook and stir 1 to 2 minutes. Reduce heat to medium. Add bell peppers
8. tilapia
9. and diced tomatoes in succeeding layers; pour in coconut milk. Cover the pot; simmer 15 minutes
10. stirring occasionally. Stir in cilantro; continue cooking until tilapia completely cooked through
11. 5 to 10 minutes more.