

MARLEY SPOON



NO ADDED GLUTEN

Brazilian Coconut Vegetable Stew

with Paprika Oil & Lime



30-40min



2 Servings

Moqueca is a traditional seafood stew made with creamy coconut milk, tomatoes, and lime juice. This vegetarian version packs the same punch, but is loaded with hearty chickpeas and veggies, like eggplant and sweet potatoes. Here, it is served over fluffy jasmine rice, with fresh lime wedges to squeeze on top for a zippy, citrusy finish.

What we send

- 5 oz jasmine rice
- coconut milk powder ^{7,15}
- 1 medium yellow onion
- 1 oz fresh ginger
- 1 sweet potato
- ½ lb Italian eggplant
- 1 can whole-peeled tomatoes
- 1 can chickpeas
- paprika (use 2 tsp)
- 1 lime

What you need

- olive oil
- kosher salt & ground pepper

Tools

- fine-mesh sieve
- small saucepan
- medium Dutch oven or pot
- box grater or microplane

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1000kcal, Fat 39g, Carbs 151g, Protein 22g



1. Make rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Transfer to a small saucepan with **1¼ cups water**, **½ tablespoon oil**, and **¼ teaspoon salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until water is absorbed and rice is tender, about 17 minutes. Cover to keep warm until ready to serve.



4. Simmer stew

Add **tomatoes and their juices**, **coconut milk**, and **1 cup water**. Bring to a boil over high heat. Reduce heat to medium and cook, partially covered, until **vegetables** are tender and liquid has reduced slightly, about 20 minutes.



2. Prep ingredients

Meanwhile, in a measuring cup, stir to combine **coconut milk powder** with **¾ cup warm water**. Peel and finely chop **onion** and **1 tablespoon ginger**. Peel **sweet potato**, then cut into 1-inch pieces. Trim ends from **eggplant**, then cut into 1-inch pieces. Using kitchen shears, cut **tomatoes** directly in the can until finely chopped. Drain **chickpeas**.



5. Make paprika oil

In a small bowl, stir to combine **1 teaspoon of the paprika** with **2 tablespoons oil**.



3. Begin stew

Heat **2 tablespoons oil** in a medium Dutch oven or pot over medium-high until shimmering. Add **onions** and **sweet potatoes** and cook, stirring, until beginning to soften, 4-5 minutes. Add **ginger**, **chickpeas**, and **eggplant**. Cook, stirring, until eggplant begins to soften, 2 minutes. Stir in **1 teaspoon paprika** and season with **salt** and **pepper**.



6. Finish & serve

Finely grate **¼ teaspoon lime zest**, then cut **lime** into wedges. Stir zest into **rice** and spoon into bowls. Top with **stew** and **lime wedges**; drizzle with **paprika oil**. Enjoy!