

Brazil - Shrimp moqueca with bell pepper, spinach & rice



Moqueca is the dish that most represents Brazilian cuisine as it is an amalgam of Native Indian, African and Portuguese influences. The dish is also called *muqueca* or *mu'kaka* from an Angolan dialect, or *pokeka* in the *Tupi* Native dialect. Big and bold, this shrimp and coconut milk stew is simple to make, but bursting with flavor! Get creative and embellish as you wish – add broccoli, carrots or other handy vegetables to the stew. Add red pepper flakes if you like it spicy!

Did you know?

Shrimp

Americans eat one billion pounds of shrimp every year! Shrimp are omnivores that filter water for microscopic plant and animal matter – some types even catch and eat small fish. The longest shrimp ever found was 16" long.

Spinach

native to Persia (modern day Iran), Spinach was introduced to Europe in the 12th century and to the USA in 1806. In Medieval times, artists used spinach's green pigment as ink or paint. Spinach consumption increased 33% in the 1930's because of the Popeye cartoon! California is the largest U.S. producer, followed by Arizona, New Jersey, Texas and Arkansas.



In your kit

- Sambando Moqueca Spices
- Grace Coconut Powder



Minutes:
10 prep + 20 cook



Dairy, gluten & nut-free



4 servings

Your shopping list



1 ½ lb shrimp



8 oz spinach



1 onion



1 15-oz diced tomatoes



1 red bell pepper



1 ½ cups rice



1 lemon

Basic pantry: sugar, salt, pepper, olive oil

 youngest chefs

  older chefs

   oldest chefs / adults



1. Prep ingredients



- **Shrimp** - remove shell and tail.
- **Onion** - peel and cut into 1/8" slices.
- **Bell pepper** - cut in half, discard the stem and seeds, and dice.
- **Coconut milk** - combine **Grace Coconut Powder** with 2 cups hot water and whisk well to dissolve.
- **Lemon** - cut in half and juice.
- **Spinach** - rinse and roughly chop



2. Cook rice



- In a small pot, combine rice, a pinch of salt and 2 1/4 cups water.
- Over medium-high heat, bring the pot to a boil.
- Reduce heat, cover and simmer until the liquid has been absorbed and the rice is tender, about 15 minutes.
- Remove from heat, fluff the cooked rice with a fork, and keep warm until ready to serve.



3. Cook vegetables



- In a Dutch oven or heavy bottomed pot, heat 1 tablespoon of olive oil over medium heat until hot.
- Add **onion, red pepper, Sambando Moqueca Spices** and sauté until tender, about 3 minutes.
- Add can of **diced tomatoes, lemon juice, coconut milk, 1 teaspoon salt** and 1 teaspoon **sugar** and simmer for 3-5 minutes.



4. Complete the dish



- Add **shrimp** and **spinach** and simmer until shrimp is cooked through (they will curl up and turn light pink), about 2-3 minutes.
- If the moqueca starts getting thick and dry, add 2 tablespoons water gradually.
- Ladle the moqueca on top of rice in a bowl.



Desfrute de sua refeição

"Bon apetite!" In Brazilian Portuguese