Moqueca Baiana Inspired Vegan Fish Stew

Ingredients

- 1 ½ Vegan Fish Fillet (make ahead!)
- Oil, for cooking
- 3-4 cloves garlic, minced
- 1 tsp. cumin seeds
- ½ medium sized onion, diced
- 1 red bell pepper, cut into strips
- 2 medium-sized carrots, cut into small pieces
- 1 stalk celery, cut into pieces
- ½ tsp. smoked paprika
- 1 tsp. Mexican oregano
- 14.5 oz. can diced tomatoes, drained
- 1 tbsp. soy sauce
- 14 oz. can full fat coconut milk
- 1 lime
- Large handful of cilantro, chopped
- Salt and Pepper, to taste

Steps

1. Make sure you make your vegan fish fillets ahead of time. This recipe uses one and a half fillets, so you should have enough "fish" leftover to make this recipe again. Chop your fillets into cubes. Heat a good amount of oil in a large skillet, and add the fish, "skin" side down. Cook for a few minutes to crisp, and then remove from the pan and set aside.

2. Add the cumin seeds to your skillet, and cook until they start to pop. Add the garlic and onion to your pan, and cook until fragrant on medium-high heat, stirring frequently to avoid burning. Once the onions are somewhat softened, add the carrots, celery, bell pepper, paprika, and oregano. Sauté for another couple minutes. Add the tomatoes, stir, and add the coconut milk and soy sauce. Bring the mixture to a low simmer, and let it simmer until all the vegetables are nicely cooked.

3. Add the cooked fish back to the skillet, and let it simmer for another minute or two to warm up. Turn off the heat, and add the juice from half the lime, season with salt and pepper, and taste. Add the remaining half lime juice if desired, and adjust the salt and pepper as needed. Top with chopped cilantro, and serve warm- it's perfect with rice.