



Elvea, festa all'italiana

Salmon Moqueca (Brazilian fish casserole)



Ingredients for 4 Persons

1.200 g	wild salmon filet
800 g	ELVEA peeled whole tomatoes
1	onion
1 handful	fresh coriander
2 cloves	garlic
1	chili peppers
60 ml	lime juice
1 tablespoon	olive oil
1 teaspoon	sea salt
2 tablespoons	olive oil
1	sweet potato
1	zucchini in brunoise
1	green bell peppers
1	rode paprika's
120 ml	water
180 ml	coconut milk
4	spring onions, finely chopped
1 handful	fresh coriander

Preparation

For the marinade:

- Put the fish in a narrow (non-metallic) mixing bowl. Mix the tomatoes, onion, coriander, garlic, chili pepper, lime juice, oil and salt in a blender. Mix to a smooth mixture and pour over the fish. Allow to marinate for 30 minutes to 1 hour.

For the casserole:

- Heat the olive oil in a large pan on medium heat. Add the diced sweet potato and fry for 10 to 15 minutes until soft. Add some water if necessary, so that the potatoes do not stick to the pan.
- Add the zucchini, the green and red pepper and let it cook until everything is soft. This will take 5 to 7 min. Add some more water in the pan, if necessary.
- Add the water or fish stock and then incorporate the coconut milk. Bring to a boil, lower the heat and let it simmer for 2 to 3 minutes.





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- Add the fish and the marinade and let it simmer for 10 to 15 minutes or until the fish easily disintegrates with a fork.
- Stir in the spring onion and coriander just before serving. Serve alone or with rice.

