

Ecuadorian Fish in Coconut Sauce – Pescado Encocado

Prep: 50 minutes

Servings: 6

Ingredients

2 tbsps Coconut Oil
1 Yellow Onion (finely chopped)
1 Red Bell Pepper (finely diced ¼-inch)
4 Garlic cloves (minced)
1 tsp Annatto seed/or Paprika
1 tsp Cumin
1 tsp Coriander
2 tps Sea Salt
1/2 tsp Black Pepper
2 cups Diced Tomatoes
1/4 cup Orange Juice
1 Lime (Zest)
2 tbsps Lime Juice
3 cups Canned Coconut Milk
1 1/2 lbs Sea Bass Fillet
1/3 cup Cilantro (Chopped)



Directions

1. Heat the oil in a heavy-bottomed pot, or skillet over medium-high heat. Add the finely diced onion and pepper and cook for 3 to 4 minutes, until lightly cooked but not browned.
2. Add the minced garlic, spices, salt, and pepper. Cook for 2-3 more minute.
3. Add the diced tomatoes, lime zest and juices. Cook for 3 to 4 minutes.
4. Lower the temperature, add the coconut milk, stir and bring the sauce to a gentle boil.
5. Cut the fish into large chunks (about 2-inches) and add it to the sauce, spreading it out evenly in the pan. Cover the pot and cook for 5-7 minutes. Remove the pot from the heat without lifting



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the lid and let it rest for 5 more minutes. Stir in a handful of chopped fresh cilantro, reserving some for garnish.

6. Serve the Pescado Encocado with cooked rice and/or fried plantain slices. Sprinkle it with chopped fresh cilantro.

Variations

In traditional Ecuadorian dishes, annatto seed is used to add color, if available use 1 teaspoon of annatto seed powder.

You can replace the fish with shrimp or reduce the fish by half and add 350g of shrimp.

To add more coconut flavor, add 2-3 tablespoons of fresh or dried unsweetened shredded coconut while the fish is cooking.

Nutritional Information

Amount per serving

Calories	406	<div><div></div></div> 20%
Fat	28g	<div><div></div></div> 43%
Carbs	12g	<div><div></div></div> 4%
Fiber	2g	<div><div></div></div> 7%
Sugar	7g	<div><div></div></div> 0%
Protein	24g	<div><div></div></div> 48%
Cholesterol	46mg	<div><div></div></div> 15%
Sodium	911mg	<div><div></div></div> 40%
Vitamin A	1409IU	<div><div></div></div> 28%
Vitamin C	42mg	<div><div></div></div> 47%
Calcium	52mg	<div><div></div></div> 5%
Iron	2mg	<div><div></div></div> 14%