

Peruvian Sudado de Pescado



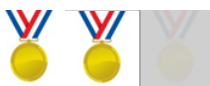
Ingredients

- 1 lb. boneless skinless cod or grouper filets, cut into 4 pieces total
- 1 tbsp. fresh lime juice plus 4 lime halves
- 1 tbsp. fresh cilantro, chopped
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 4 pepperoncini or banana peppers, chopped
- 2 tbs. canola oil
- 2 cloves garlic, mashed to a paste
- 1/2 medium red onion, cut into 1/2" slices
- 1 large plum tomato, cored, seeded, and chopped
- 1/2 tsp. dried oregano, lightly toasted in a dry, hot pan

Prep Time 30 minutes

Servings 4 servings

Difficulty



Nutrition

Per 4oz. fish with broth & veggies:

165 calories

3g carbohydrates

21g protein

8g fat

1g fiber

692 mg sodium

Dietary Gluten free

Source USOPC Sport Dietitians

Directions

1. Put the fish, lime juice, cilantro, salt, and pepper into a large bowl; toss gently to combine. Let marinate at room temperature and continue with the rest of the preparation.
2. Puree the chopped pepper with 1/3 cup water in a blender until smooth. Set the pepper puree aside.
3. Heat oil in a large skillet over medium-high heat. Add garlic and cook until fragrant, 30 seconds.
4. Carefully add reserved pepper puree and cook for 2 minutes. Add onions and cook, stirring constantly, until softened, about 5 minutes.
5. Gently lay fish filets in skillet along with the marinade and 1 cup hot water. Stir liquid gently to combine.
6. Top filets evenly with tomatoes and sprinkle with oregano. Reduce heat to medium-low and cover. Let simmer until fish is cooked through, about 8-10 minutes. Additional salt and pepper may be added to taste.
7. Place fish along with the flavorful broth and vegetables in bowls. Serve with lime halves and boiled yuca and sweet potato for an authentic Peruvian meal.

Notes

Enjoy this Peruvian fish stew to celebrate the 2019 Pan American and Parapan American Games in Lima, Peru.

Fish is a high-quality protein and contains iodine and vitamin D. One serving of this fish supplies 25 percent your vitamin D needs and 15 percent of your daily iron needs.