



# Delicious Fish Stew

This Brazilian fish stew, made with Bison Sour Cream, comes together in only 25 minutes to create a deliciously rich meal that perfectly tops quinoa or rice!

Servings	Prep Time	Cook Time	Total Time
4	5m	18m	23m

## Ingredients

- ½ cup Bison Sour Cream
- 2 Tbsp olive oil
- ½ white onion, diced
- 2 cloves garlic, minced
- 1½ lbs wild cod
- 15 oz can diced tomatoes
- 1 Tbsp red curry paste
- ½ cup coconut milk
- 2 Tbsp tomato paste
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- Sea salt, to taste
- Pepper, to taste
- ½ tsp red pepper flakes
- 1 Tbsp fresh cilantro

## Instructions

1. Heat oil in a large skillet. Add onion, garlic, and red curry paste. Cook for 3 minutes, until fragrant. Add can of diced tomatoes and stir. Add in coconut milk, Bison Sour Cream, and tomato paste. Stir mixture and allow to cook for 2-3 minutes.
2. Add sliced peppers and cod chunks. Season with salt, pepper, and red pepper flakes.
3. Cover and allow fish to simmer for 10-12 minutes. Turn cod pieces over about halfway through.
4. When fish flakes easily with a fork, it is done. Remove from stove and sprinkle with fresh cilantro. Serve immediately over quinoa or rice and enjoy!

