

## **MOQUECA-STYLE SHRIMP AND CHICKPEAS**

*(from the Bewitching Kitchen)*

1.5 pounds large shrimp, peeled and de-veined  
1 can chickpeas, drained and rinsed (14.5 oz)  
1 bulb fennel, thinly sliced  
1 shallot, finely diced  
1 red or orange bell pepper, thinly sliced  
2 tablespoons grape seed oil  
salt and pepper to taste  
1 Tablespoon harissa (or to taste)  
1.5 cups crushed tomatoes with their juice  
3/4 cup light coconut milk  
fresh cilantro to taste  
juice of half lemon

Heat the oil on a large sauce pan. Add the fennel, shallot and bell pepper, saute everything together seasoning with salt and pepper until translucent and very fragrant.

Add the crushed tomatoes, harissa, and chickpeas, cover and simmer for 20 minutes. Add the shrimp and coconut milk, simmer gently until the shrimp is cooked, 5 minute or so. Add the cilantro, lemon juice and serve over white rice. If you like, add some hot sauce on the plate.