



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PICKEREL (WALLEYE) CEVICHE

Time: 30 minutes plus overnight marinating

Serves: 4

Ingredients:

1 lb. fresh pickerel filets – cubed to roughly 1/4”
1 cup lime juice
8 teaspoons Kosher salt
1 red onion – finely chopped
1 fleshy tomato (roma works well) – seeded and chopped
1 red bell pepper – seeded and chopped
1 jalapeno pepper – seeded and finely chopped
1 bunch fresh cilantro – leaves only – roughly chopped

Preparation:

Combine fish with salt and lime juice. Mix well and refrigerate overnight, ensuring fish is completely covered with liquid. A freezer bag works well for this.

Drain the fish (do not rinse) then mix with the remaining ingredients shortly before serving.

Nutritional Information Per Serving:

Calories: 127
Fat: 2g
Carbs: 5g
Fibre: 1g
Protein: 22g