

SHRIMP & AVOCADO CEVICHE

Time: 15 minutes (plus marinating time)

Serves: 4

Ingredients:

150ml lime juice
15g kosher salt
300g medium size shrimp - peeled and deveined
3 Roma tomatoes - seeded and diced
1 Anaheim (or hotter) pepper - seeded and diced
1/2 white onion - diced
1 bunch cilantro leaves - chopped
Flesh of two avocados - diced

Preparation:

Dissolve the salt in the lime juice.

Place the shrimp in a zipper seal freezer bag and pour over the lime juice mixture. Seal the bag, removing as much air as possible and refrigerate for six hours to overnight.

Drain the shrimp, but do not rinse. Toss with the remaining ingredients and serve.

Nutritional Information Per Serving:

Calories: 254
Fat: 16g
Carbs: 13g
Fibre: 7g
Protein: 18g