

SALMON AND AVOCADO CEVICHE

SERVES 4 / PREPARE 10 MINS / RESTING 5 MINS

Ingredients

MARINADE		Bunch	Coriander stems
1.5cm	Fresh Ginger, peeled	2	Limes, juiced
1	Celery stick, roughly chopped	2	Ice cube
1/2	Red onion, roughly chopped	CEVICHE	
1	Garlic clove, peeled, left whole	4	Brazil nuts, toasted
1 tbsp	Sea salt	200g	Salmon filets, deboned and skinned
1/2 tsp	Sugar	1	Avocado, ripe but not too soft
		1	Red onion, medium
		1/2	Red chili (optional)

Instructions

Place the ginger, celery, onion, salt and sugar in the bowl of a blender and process until puréed.

Add the whole coriander stems to the purée and leave to marinate in the fridge for 1-3 hours. Then remove and discard the coriander. If you tie the stems with a piece of string it will make it easier to lift them out of the marinade.

10 minutes before the first stage of the marinade is finished, get the fish out of the fridge and cut into 1cm cubes. Put in a mixing bowl. Peel and cut the avocado in cubes of approximately the same size as the salmon and add to the fish.

Slice the onion as thin as you possibly can with a mandolin or sharp knife and add to the bowl with the fish and avocado. Slice the chili, if using, very thinly too and reserve.

To finish the marinade, add the lime juice and ice cubes to 1tbsp of the marinade you've got in the fridge and blitz it in the food processor.

Strain through a fine mesh sieve into a glass bowl and reserve in the fridge, for a maximum of 10min, while you assemble the fish.

Toast the brazil nuts for a couple of minutes in a dry pan and let cool down. Chop or crush roughly.

Divide the fish, avocado and onion mix into four small plates. Pour about 1 tbsp. of marinade over each of the plates. Make sure you don't overdo it, there should not be too much liquid around the ceviche. Garnish with the brazil nuts and sliced chili and serve. immediately.



Nutrifacts



Onions contain FIBRE to help intestinal transit and PREBIOTICS which feed the beneficial bacterial in your gut.

Garlic is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

Avocados contain complete PROTEIN, including all the essential amino-acids, like that found in animal products. They are also high in fibre and heart friendly mono-unsaturated fats, like olive oil, which research shows may help reduce bad cholesterol levels. They are also high in VITAMIN C, an antioxidant that helps support the immune system, VITAMIN E which helps prevent fat oxidation that promotes heart disease and LUTEIN, an ANTIOXIDANT that may help maintain eye health.

Salmon is a good source of protein as well as anti-inflammatory omega-3 fatty acids. Salmon is a great source of B VITAMINS needed for energy production, growth and detoxification among other things. It also contains PHOSPHOROUS for bone health and the powerful antioxidant SELENIUM.