MEXICAN · DINNER · LUNCH

Pati's To-Die-For Ceviche with Mango and Avocado

35 min · Serves 4 · 359 kcal a serve · Video 4:10 · Pati Jinich

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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23 g protein and 17 g net carbs a serve from lime-cured snapper with avocado and mango, and plenty of vitamin C from the fresh citrus; no sugar, grains or dairy.

Diet notes: Low saturated fat (3.6 g, 9% of the energy).

Ingredients 13 · SERVES 4

- [ ] 180 ml **freshly squeezed lime juice**
- [ ] 180 ml **freshly squeezed orange juice**
- [ ] 60 ml **olive oil**
- [ ] 2 **jalapeños**, stemmed and coarsely chopped (seeded if you like)
- [ ] 50 g sliced **celery**, with its leaves
- [ ] 60 g thinly sliced **red onion**, divided
- [ ] **Coriander leaves**: 8 g chopped cilantro leaves and upper stems, divided
- [ ] **Salt**: 1 tsp kosher or coarse sea salt, or to taste
- [ ] **White fish**: 450 g very fresh red snapper fillet, in 1.5 cm dice (or grouper, trout, sole or rockfish)
- [ ] 1 large **ripe mango**, diced (about 170 g)
- [ ] 1 large **ripe avocado**, diced (about 150 g)
- [ ] 2 **tomatillos**, husked, scrubbed and diced (about 65 g)
- [ ] 2 tbsp **cacao nibs** (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the very fresh diced snapper in a glass or ceramic bowl. 0:38
2. For the leche de tigre, blend the lime and orange juice, celery with its leaves, jalapeños, half the red onion, half the cilantro, the olive oil and 1 tsp salt until smooth. 1:16
3. Pour the purée over the fish and stir. Marinate 25–30 minutes at room temperature (or covered in the fridge up to 24 hours) until the fish turns opaque. 2:45
4. Fold in the diced mango, avocado and tomatillos, top with the rest of the onion and cilantro and the cacao nibs, if using. Taste for salt and serve. 3:13

> **Tip** Use only very fresh, never-frozen fish from a fishmonger you trust, and keep it cold. Pati serves it with tortilla chips or tostadas (not in the numbers); lettuce cups or cucumber slices keep it paleo.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
359 kcal	23 g	22 g
1,500 kJ	46% of a day	17 g net · 12 g sugars
		8% of a day

FIBRE	FAT	SODIUM
4.8 g	21 g	670 mg
17% of a day	3.6 g saturated	29% of a day
	27% of a day	

Energy from net carbs 19% · protein 26% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 76% · Selenium 64% · Vitamin B12 42% · Vitamin B6 30% · Vitamin E 29% · Vitamin K 26% · Omega-3 22% · Folate 21%

Source of (10–19%) Magnesium 18% · Potassium 16% · Zinc 11%

Recipe and video: Pati Jinich on YouTube — youtube.com/watch?v=owSGa4mLIWU. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ceviche-que-te-mueres