PERUVIAN · LUNCH · DINNER

Classic Peruvian Fish Ceviche

45 min · Serves 4 · 322 kcal a serve · Video 9:13 · SONQU

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

Lean white fish gives about 27 g of protein a serve with almost no fat, cured in lime rather than cooked. The sweet potato supplies more than a day's vitamin A, and the plate as a whole half a day's vitamin C.

Diet notes: Low saturated fat (0.3 g, 1% of the energy).

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Ingredients 13 · SERVES 4

- [ ] 500 g **white fish fillet**, very fresh (tilapia, corvina, sole or similar), cut into bite-size pieces
- [ ] **salt**, a generous amount (about 1 tsp), then adjust
- [ ] 120 ml **freshly squeezed lime juice**, plus more to taste
- [ ] 8 tbsp **leche de tigre** (the blended lime, fish-stock and chilli 'tiger's milk'), or more lime juice
- [ ] a splash (about 2 tbsp) of **cold fish stock**
- [ ] 8 small **ice cubes**
- [ ] 1 **red onion**, very thinly sliced
- [ ] 2 **ají limo chillies** (or 1 small habanero), seeded and finely diced, plus slices to garnish
- [ ] finely chopped **coriander** (about 10 g), plus a few leaves to garnish
- [ ] 2 **sweet potatoes** (camote), boiled or baked
- [ ] 150 g **corn** (choclo), boiled
- [ ] a few **lettuce leaves** (about 40 g), to serve
- [ ] a handful of **cancha** (toasted Peruvian corn, about 60 g), to serve (optional)

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

Allergens found in the listed ingredients: Fish. 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. Boil or bake the sweet potatoes and cook the corn ahead so they are cool when you serve. Thinly slice the red onion, finely chop the coriander and seed and dice the ají limo. 3:18
2. Cut the fish into bite-size pieces and put it in a glass or steel bowl. Salt it generously, toss and refrigerate for at least 15 minutes so the salt draws out its juices. 4:05
3. Rub a piece of ají limo around the inside of a bowl for aroma, then add the chopped chilli, coriander and fish and mix well. 4:55
4. Pour in the leche de tigre, then lime juice to taste, add the ice cubes and a splash of cold fish stock, and stir. Taste and correct the salt; work quickly so the fish stays fresh and only lightly 'cooked'. 5:21
5. Serve at once on a bed of lettuce and red onion, spooning over plenty of the juice. Add sweet potato, corn and cancha on the side and garnish with onion, chilli slices and coriander. 5:59

> **Tip** Serves 4 (our estimate). Use only very fresh, sashimi-quality fish and eat within minutes of mixing. For a smoky variation, stir 1 tbsp ají amarillo paste into half the batch.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
322 kcal 1,350 kJ	27 g 54% of a day	51 g 46 g net · 11 g sugars 19% of a day

FIBRE	FAT	SODIUM
5.6 g 20% of a day	1.8 g 0.3 g saturated 2% of a day	620 mg 27% of a day

Energy from net carbs 60% · protein 35% · fat 5%

High in (20%+ of a day) Vitamin A 115% · Selenium 70% · Vitamin C 53% · Vitamin B12 46% · Vitamin B6 42% · Magnesium 22% · Potassium 21%

Source of (10–19%) Vitamin K 18% · Omega-3 14% · Folate 13% · Zinc 12% · Vitamin E 12% · Iron 10%

Recipe and video: SONQU (@sonqu) on YouTube — youtube.com/watch?v=ou41hqh7QcA, published 27 July 2022. 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/sonqu-peruvian-fish-ceviche