

PERUVIAN SALMON CEVICICHE



QUICK

Less than 15 mins

HEALTHY

Salmon is rich in Omega 3 fatty acids. Which is needed for healthy joints and skin & reduces the risk of heart disease

FAMILY



Serves 5

MEALS

Serve with wholemeal rice or noodles

INGREDIENTS

- 500g salmon fillets
- 2 spring onions & or ½ red onion
- 2 tomatoes
- 1 tbs chopped coriander leaves
- 1 avocado
- 250g shelled edamame (soy beans) / use frozen ones
- 1 mango cubed

Dressing

- 1 cm fresh ginger
- 1 garlic clove
- Juice of 4 limes
- 2 tsp mirin
- 2 tsp orange juice
- 1 tsp sesame oil
- 2-3 tbs soy sauce
- Pinch of salt

METHOD

- 1) Cook the edamame
- 2) Peel the ginger & garlic. Cut in half and put in a measuring jug
- 3) Add the lime juice, orange juice, mirin, soy sauce and sesame oil
- 4) Put in the fridge
- 5) Slice the salmon into thin strips and lay in single layers on a dish
- 6) Sprinkle salmon with salt...be generous
- 7) Dice the tomatoes, mango & avocado.
- 8) Chop the spring onion
- 9) Sprinkle everything (except the onion and coriander) over the fish
- 10) Remove the ginger and garlic from the sauce, then pour over the fish
- 11) Serve sprinkled with coriander/spring onion
- 12) Taste - add more salt or soy to taste



FOOD TIP

Put your fish into the freezer. Leaving it there for a few minutes makes it easier to cut



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com