

Recipe: Tuna Ceviche with Plantain Chips

PREPARATION TIME

35
minutes



Tuna Ceviche with Plantain Chips

INGREDIENTS

- 12 ounces albacore tuna, in water, drained
- 6 tablespoons fresh lime juice, divided
- 3 tomatillos, husks removed, rinsed, diced
- 3/4 cup thinly-sliced red bell pepper
- 1/4 cup diced onion
- 1 small jalapeno, seeds removed, minced
- 1/4 cup minced fresh cilantro or parsley
- 1 teaspoon fresh or 1/4 teaspoon dry oregano
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 6 Bibb lettuce leaves
- 1 avocado
- Lime wedges, for garnish
- Cilantro sprigs, for garnish
- 6 ounces plantain chips or tortilla chips

INSTRUCTIONS

Cover tuna with 4 tablespoons lime juice in a medium bowl; toss gently with a fork to flake tuna.

Combine tomatillos, red pepper, onion, jalapeno, cilantro, oregano and olive oil in a separate bowl. Mix to blend ingredients. Add to tuna and toss gently.

Chill for about 30 minutes to blend the flavors.

Season with salt and pepper to taste.

Peel avocado, remove pit and cut into 6 slices. Brush avocado slices with remaining 2 tablespoons lime juice to prevent browning.

Arrange the tuna mixture with avocado slices in lettuce leaves (cups). Garnish with lime wedges and cilantro sprigs.

Serve with plantain chips.

COOKING TIME

10
minutes

SERVINGS

6
people

NUTRITIONAL INFORMATION (per serving)



21	g of total fat
16	g of total protein
5	g of dietary fiber
24	g of total carbs

Key words

albacore tuna, lime, tomatillos, red bell pepper, onion, lettuce

Popular in many seaside regions of Latin America, ceviche is enjoyed as a light lunch or appetizer. If you prefer, you can substitute tomatoes. Tip: Serve with crisp plantain chips, called chifles in South America.

