

# CEVICHE

No. of Pax – 08

<b>Ingredients</b>	<b>Qty.</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>
Sweet Water Fish	250gms.	37.25	2	7.5
Lemon	120ml.	1.2	1.08	13.32
Seasoning	As Reqd.	N/A	N/A	N/A
Olive Oil	75ml.	Nil	75	Nil
Green Pepper	50gms.	0.65	0.15	2.15
Red Pepper	50gms.	0.65	0.15	2.15
Yellow Pepper	50gms.	0.65	0.15	2.15
Onion	50gms.	0.6	0.05	5.55
Tomato	50gms.	0.45	0.1	1.8
Black Olive	20gms.	0.16	2.14	1.26
Tabasco Sauce	Dash	N/A	N/A	N/A
Cilantro	10gms.	1.37	0.59	4.23
Total		42.98	81.26	39.99

**Total Nutritive Value** - **164.23gms.**  
**Total Calorific Value** - **1063.22kcal**  
**Total Calorie Per Person** - **132.90kcal**

## PROCEDURE

1. Cut fish into small cubes and wash.
2. Marinate with lemon juice and salt for minimum 48 hours in the refrigerator.
3. On the preparation day cut all the vegetables into similar cubes of fish and mix with the marinated fish.
4. Adjust the seasoning with, olive oil, Tabasco sauce, and chopped cilantro.
5. Garnish with fancy cuts of olives and serve cold.

**Texture** - Well Mixed but no excess water should come out.

**Colour** - Combined.

