

Spicy Coconut Ceviche

Servings per recipe: 1

Each serving counts as 1 protein, 1 vegetable, juice of 1 lemon

Each serving has 180 calories

Any type of firm white-fleshed fish will work nicely in this delicious popular Spanish cold fish salad.

Ingredients

- 100 g Chilean sea bass, lightly steamed and cooled
- 100 grams thinly sliced onion
- Juice of 1 lemon
- Dash of Frank's Hot Sauce, or more to taste
- 6 drops Capella Coconut flavor drops
- 5 drops Stevia
- 1/4 teaspoon dried oregano
- sea salt and pepper to taste
- 2 teaspoons chopped parsley leaves
- 1 teaspoon chopped cilantro leaves

Directions

1. Carefully break the steamed fish into bite-size pieces and place in a glass bowl.
2. Add the sliced onions and gently toss together.
3. In a small bowl whisk together the lemon juice, hot sauce, Capella and Stevia drops, oregano, salt, and pepper.
4. Pour over the fish mixture, use spatula to gently coat
5. Refrigerate for 1 to 2 hours.
6. Just before serving, stir in parsley and cilantro

