

Shrimp Ceviche

Servings per recipe: 3

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

For those able to combine vegetables & eat green peppers.



Ingredients

- 300 grams raw shrimp, fresh or frozen, peeled & deveined, tail off
- 3 lemons, freshly squeezed
- 3 tbsp. fresh garlic, minced
- 100 grams red onion, finely chopped
- 1-2 tsp Tabasco or Franks Red Hot Sauce (more or less to taste)
- 100 grams tomatoes, chopped (about 2-3 cups)
- 100 grams cucumbers, peeled & diced into 1/2 inch pieces
- fresh cilantro, chopped (about 1/2 cup)
- fresh parsley, chopped (about 1/2 cup)
- sea salt and fresh ground black pepper to taste



Directions

Thaw shrimp if frozen. If using raw shrimp, bring a pot of water to boil and cook the shrimp for a minute or two until it turns opaque white and reddish—do not over cook the shrimp as it will be too rubbery in texture. Rinse shrimp under cold water. Combine juices of lemons and limes in a large bowl (not metal) or large Ziploc baggie and add shrimp. Cover bowl or zip baggie and refrigerate for 30 minutes to marinate. Large shrimp could be cut into smaller chunks (remove tails if doing this) to speed up marinade time.

Add to shrimp the Tabasco, garlic, onion and pepper and toss/mix evenly. Return to refrigerator for maybe another 30 minutes to let the flavors infuse the shrimp.

Before serving, toss in bowl the marinated shrimp mixture, cilantro, parsley, tomatoes and cucumbers and if needed, add sea salt and black pepper to taste.

Great with melba toast



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