

Ceviche with Lime & Herbs (Peru)

Category: Lunch | Cuisine: Peruvian

Prep Time: 10 mins | Cook Time: 0 mins | Total Time: 20 mins (includes chilling)

Ingredients:

- 1. 200 g white fish (tilapia/cod), diced
- 2. 1/2 red onion, thinly sliced
- 3. 1 red chili, chopped
- 4. 1/2 cup lime juice
- 5. Fresh cilantro, chopped
- 6. Salt and pepper to taste

Instructions:

- Place diced fish in a bowl and cover with lime juice.
- Add onion, chili, cilantro, salt, and pepper.
- Mix well, cover, and refrigerate for 20 minutes.
- Serve chilled.

Nutrition Facts (per serving):

Nutrient	Amount
Calories	220 kcal
Protein	20 g
Carbohydrates	10 g
Fat	3 g
Fiber	2 g

Tips:

- ✓ Always use very fresh fish for ceviche.
- ✓ Do not over-marinate or the fish will “overcook.”