

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- May -

SEAFOOD

SIMPLE FISH CEVICHE

3 haddock, sea bass or any white flakey fish filets

1/2 cup sweet onion, finely chopped

1/4 cup fresh ripe mango, chopped

1/4 cup fresh chopped cilantro

1/4 cup lime juice

1/4 cup lemon juice

1/2 tsp sea salt

Freshly ground black pepper

If using raw fish: Soak the fish in the lemon juice, lime juice, salt and pepper for 30 minutes - 1 hour. Then cut the fish into small 1/2 inch bites.

If using cooked fish: Preheat oven to 400 degrees F and place fish filets in a lightly oiled baking dish. Sprinkle with some salt and pepper and bake for 12-15 minutes until fish is flaky and moist. When fish is done let it cool completely and cut into small 1/2 inch bites.

Place remaining ingredients in a medium bowl and toss together with the fish until well combined. Place in refrigerator to marinate until ready to eat. Serve with tortilla chips and sliced avocado and enjoy!

Recipe by Gabrielle Sullo



For more information visit

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