

Name of Dish: Ceviche
When: Lunch
Portions: 1



Ingredients	Quantity	Units
Ceviche		
Red onion	2	oz
Lemon	2	oz
Sea bass filet	6	oz
Sweet red pepper	1	oz
Clove of garlic	0,04	oz
Salt	5	grs
Pepper	5	grs
Green pepper	1	oz
Green plantain	3	oz
Oil	6	oz
Cook sweet potato	2	oz
Avocado	3	oz

Ingredients	Quantity	Units
Sub-recipe Sweet potato (2 portions)		
Sweet potato	4	onz
Water	16,5	oz

PREPARATION	
1)	Cut the plantain into slices with a mandolin and fry in hot oil until crispy chips.
2)	Cut the fish in to thin strips.
3)	In a bowl, mix the fish, lemon, onion, peppers and garlic. Allow to sit for 5 mins.
4)	To serve, season the fish with salt and pepper. Put the sweet potato in the cup and then the ceviche, and decorate with avocado on top and 6 chips.

PREPARATION	
1)	Peel and cut the sweet potato into chunks. Boil in water until al dente.