



## Poached Shrimp Ceviche

Ceviche is traditionally cooked in acid, but to cut down on the waiting time we are poaching the shrimp.

<u>U.S.</u>		<u>Metric</u>
1 lb	Shrimp, shelled, deveined	454 g
1 each	Lime, zest	1 each
1/2 cup	Lime Juice	115 mL
1/2 cup	Lemon Juice	115 mL
1 cup	Cabbage, shredded	70 g
1 small	Red Bell Pepper, diced small	1 small
1 each	Jalepeno, seeds removed, minced	1 each
2 cloves	Garlic, minced	2 cloves
2 tsp	Olive Oil	10 mL
4 each	Green Onion, thinly sliced	4 each
1 cup	Cherry Tomatoes, quartered	149 g
3 Tbsp	Cilantro, fresh, chopped	10 g
1/2 tsp	Sugar	2 g
1 each	Avocado, diced small	1 each
to taste	Black Pepper, ground	to taste
1/4 tsp	Salt, Kosher	1.5 g
1/2 tsp	Cumin, ground	1.2 g

### Preparation:

1. Gather all ingredients and equipment.
2. In a small pot of water, bring to a boil/simmer and place the shrimp in the pot. Poach for 8-10 minutes or until shrimp is pink. Then, dice the shrimp into small pieces.
3. Add all of the other ingredients into a mixing bowl and toss together with the cooked shrimp.
4. Allow to chill for 10 minutes prior to serving and enjoy!

---

### Nutrition Facts

<b>Serving size</b>	<b>1 1/2 cups</b>
<b>Servings</b>	<b>4</b>
<b>Calories</b>	180
Calories from Fat	80
Total Fat	9 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	115 mg
Sodium	530 mg
Carbohydrates	13 g
Dietary Fiber	5 g
Sugars	4 g
Protein	14 g
Vitamin A	25 %
Calcium	8 %
Vitamin C	100 %
Iron	6 %
Phosphorus	265 mg

---