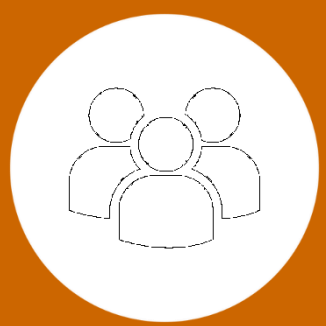


Pterois miles (Bennett, 1828)

 Lionfish

Lionfish ceviche with fried plantains "Patacones"



2 People



1 h (+ 3 hours of
marinade)



© Michael Gäbler

RECIPE



Ceviche:

- Dice the lionfish fillet.
- Put the diced Lionfish in a large bowl.
- Squeeze the limes to extract the juice. Put the juice into the bowl, making sure the fish is covered
- Marinate the fillet in lime juice for 3 hours in the fridge.
- Add the tomatoes, cilantro, parsley, red onion, peppers, salt, pepper, garlic powder, avocado, mango, ginger and 1 teaspoon each of orange juice and mustard. Mix to combine.
- Stir well before serving

Fried Plantains (Patacones):

- Heat the oil in a pan over low heat. Add the plantain halves and cook gently for 2 minutes.
- Using a small saucepan, press down firmly but gently on the plantain halves, causing them to flatten
- Lower the heat, flip the plantains, and continue cooking until they are tender and golden. Flip as needed. Serve immediately

INGREDIENTS

- Half kilogram of lionfish fillet
- 5-6 limes
- 1 cup of diced fresh tomatoes
- 4 tablespoons chopped cilantro
- ¼ tablespoon of salt
- ¼ tablespoon of pepper
- ½ medium red onion finely chopped
- ½ pepper peeled and finely diced
- ¼ tablespoon garlic powder
- Chopped parsley
- 1 diced avocado
- 1 diced mango
- ½ fresh ginger, peeled and finely diced
- 1 teaspoon of orange juice
- 1 teaspoon mustard
- Lettuce leaf as decoration for the plate



A recipe by Belén Benítez