



Rainbow trout ceviche

WITH POMEGRANATE GUACAMOLE

INGREDIENTS

Trout ceviche

500g trout fillet (or salmon)
zest of 1 lime, finely grated
1 garlic clove, chopped
3 medium fresh red chillies, seeded and chopped
Juice of 3 limes
10 sprigs fresh coriander, chopped

20ml olive oil

Pinch salt

Guacamole

2 (500g) ripe avocados
¼ red onion
1 garlic clove, chopped
1 serrano chillies, seeded and chopped
30 sprigs fresh coriander, chopped
Pinch salt
20ml pomegranate juice
2 tbsp pomegranate seeds
Juice of 3 limes

METHOD

Ceviche

Using a sharp knife, thinly slice the trout into 3mm slices and spread these out on a plate.

In a non-metallic bowl mix the rest of the ingredients together.

Pour the dressing over the trout, cover and refrigerate for 30 minutes to 1 hour.

The acidic dressing will 'cook' the trout.

Guacamole

Chop the onion, garlic, chilli and coriander finely and then add the lime juice and salt and set aside.

Peel the avocados and place the flesh in a bowl and mash with a fork, adding the pomegranate juice slowly.

Add the onion mixture to the avocado and combine gently. Check the seasoning and garnish with pomegranate seeds.

When ready to serve, remove the trout from the dressing. Plate with the guacamole, additional coriander leaves and pomegranate seeds.

This can be a festive platter to share or can be made into elegant individually plated starters.