

Shrimp ceviche with mango leche de tigre

Rezept für 4 Personen



Laktosefrei, Glutenfrei

Zubereitung

Zutaten Mango-Leche de Tigre

- ½ white onion
- 2 garlic cloves
- 1 yellow bell pepper
- ½ yellow chilli pepper
- 1 mango
- 3 limes, juice only
- 1 piece ginger
- 1 bundle of cilantro

Zutaten Ceviche

- 400 g black tiger prawns
- 1 red onion, finely sliced strips
- 1 red bell pepper
- 1 celery stalk
- 4 radishes
- 1 sweetcorn cob
- 1 ripe avocado

Topping

Chilli, cilantro, cress
roasted sweetcorn, microgreens

Zutaten Sweet Potato

2 sweet potatoes with skin, washed

Zubereitung Mango-Leche de Tigre

For the leche de tigre, roughly chop the onions, garlic, peppers and chilli. Heat 1 tbsp oil in a pan. Sauté the onions, garlic, peppers, chilli and a little salt over a low heat for approx. 20 minutes until soft without colouring. Leave to cool and transfer to a blender. Peel the mango and remove the stone. Cut into cubes, set one half aside, put the rest in the blender and blend well.

Zubereitung Ceviche

Grill the sweetcorn cob until browned. Leave to cool, roughly cut the kernels from the cob. Pluck the cilantro leaves and set aside. Mix the finely chopped coriander stalks with the lime juice and ginger and leave to infuse for 10 minutes. Add $\frac{3}{4}$ of the liquid to the mango chilli mixture.

Blanch the prawns in boiling salted water for 1 minute, remove and leave to cool slightly. Add the remaining lime juice, the onions and a little salt. Leave to stand for 10 minutes.

Finely chop the bell pepper, celery stalk and radish. Cut the avocado into cubes. Divide the mango leche de tigre into 4 bowls. Mix the prawns with the vegetables and spread over the leche de tigre. Sprinkle with the avocado and mango cubes, freshly chopped chilli, cilantro leaves, the roasted sweetcorn, some microgreens and cress. Serve with the baked sweet potatoes.

Tip: Fresh cornbread also goes very well with the ceviche.

Zubereitung Sweet Potato

For the side dish, mix the sweet potatoes with 1 tbsp olive oil and a little salt and pepper. Place on a baking tray lined with baking paper and bake in the oven at 220 °C for 15 minutes.