

MOUNTAIN CEVICHE



PORTIONS: 

REQUIRES ASSISTANCE:  Yes

DIFFICULTY LEVEL:  High

INGREDIENTS

- 150 g cassava, chopped
- 90 g beets, chopped
- 40 g toor dal (or other lentils if toor dal is not available)
- 30 ml olive oil
- 5 g coriander
- 60 g of red onion, finely sliced
- 15 ml lemon juice
- Salt and pepper to taste



METHOD

FOR THE DRESSING OR VINAIGRETTE:

1 Mix the olive oil, lemon juice, pepper and salt.

2 In a large bowl, mix the cassava, beets, toor dal, red onion and cilantro, then drizzle with the dressing or vinaigrette. Stir well and adjust seasoning.

TO PREPARE THE MOUNTAIN CEVICHE:

1 Boil the cassava, beets and toor dal separately in plenty of salted water for 10 minutes or until tender. Strain and set aside.

3 Refrigerate until ready to serve.

