Wild Seabass Ceviche

Ingredients:

12 oz fresh raw wild caught sea bass
cut into 1/2" cubes
6 oz avocado, peeled and diced
6 oz ripe red and yellow cherry tomatoes, chopped.
4 oz purple onion, finely chopped
1 clove garlic, minced
1 tblspn agave syrup
4 tblspn micro cilantro sprouts (or chopped fresh cilantro)
3/4 cup lime juice
1/4 cup orange juice
1 large jalapeno, seeds discarded, ribbed and finely chopped.
Salt and pepper to taste
Romaine hearts (optional)

Serves 3

Instructions:

1. Place the fish in a large non-reactive bowl (glass).
2.In a small bowl, whisk together the lime juice, orange juice, agave. Pour over the fish to coat completely.
Stir evenly to coat the fish. Cover with plastic wrap and refrigeration for 30 minutes, stirring halfway through the refrigeration time.
3. Drain the mixture once fish is "cooked" in citrus mixture and flesh has turned firm and white. Transfer to a large bowl.
4. Add in tomatoes, jalapeno, onion, garlic and toss.
5. Add in the avocado and loosely toss.
6. Season with salt and pepper. Top with micro cilantro and mix ingredients.
7. Fill Romaine hearts with ceviche and serve.

273 calories per serving
28g protein, 11g fat, 14g carb