



# KETO – PALEO – VEGAN – GLUTEN FREE

## CHEF RICARDO CARDONA CEVICHE

by [www.OrganicWorld.US](http://www.OrganicWorld.US)



### CEVICHE INGREDIENTS:

- 1 cup chopped golden beets
- 1 cup chopped chayote
- 1 cup chopped coconut meat
- 1 cup chopped red pepper
- 1 cup chopped avocado
- 1 cup corn kernels (avoid for keto)
- 1 cup chopped red onion
- 1 cup chopped cilantro
- 1 cup chopped carrots
- 1 cup chopped parsnips
- Lime juice to taste
- Mirin to taste (avoid for keto)
- Rice vinegar to taste



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### MARINATE INGREDIENTS

- 2 cucumbers
- 1 pineapple (avoid for keto)
- Ginger to taste
- ½ cup fresh squeezed orange
- 2 cups baby kale
- 2 cups spinach
- ½ celery
- All juiced using a juicer

### CEVICHE INSTRUCTIONS:

- Place all ingredients on a flat tray, leaving some chopped cilantro aside to decorate when serving.
- Cover all ingredients with the green juice and let it marinate refrigerating it for 30 - 60 min depending on taste.
- Serve by topping the ceviche with some fresh chopped cilantro.
- Enjoy!