



Shrimp & Squid Ceviche with Mushrooms, Avocado and Oranges

Servings: 4

Preparation Time: 25 minutes

Start to Finish Time: 1 hour



Savor a swift seafood delight! Citrus marinade tenderizes shrimp and squid, complemented by jalapeño, avocado, and orange for a zesty, satisfying ceviche.

- 1/2 cup fresh lemon juice**
- 3 tablespoons peanut oil**
- 2 tablespoons parsley, flat-leaf, finely chopped**
- 1 tablespoons cilantro, finely chopped**
- 1 clove garlic, minced**
- 1 each jalapeno, seeded and minced**
- 1/2 pound squid, cleaned, cut crosswise into 1/4-inch rings (tentacles can also be used)**
- 3/4 pound large shrimp, shelled and deveined**
- 1/2 pound white mushrooms, thinly sliced**
- salt and pepper, to taste**
- 2 each oranges**
- 2 each avocados, firm, ripe, peeled and cut into 1/2-inch wedges**

ETL: The blend of citrus juices tenderizes the shrimp and squid, finalizing the rapid-cook method with a burst of zestiness synonymous with seafood salads. The jalapeño's heat is tempered, enhancing flavor with a subtle kick. Harmonizing effortlessly, creamy avocado and tangy orange elevate the ceviche's essence to perfection.

In a large bowl, mix the lemon juice with the peanut oil, parsley, cilantro, garlic and jalapeño.

Bring 2 medium saucepans of salted water to a strong boil.

Add the squid rings to 1 saucepan and the shrimp to the other (if using squid tentacles, add with the shrimp). boil until just cooked, about 1 minute for the squid and 3 minutes for the shrimp.

Drain the squid and shrimp and immediately transfer to a bowl of ice water to cool.

Once cool, drain again and pat dry.

Add the mushrooms, shrimp and squid. Season with salt and pepper and refrigerate until chilled, about 10 minutes.

Meanwhile, using a sharp knife, peel the oranges, removing all the bitter white pith. Working over a bowl, cut in between the membranes to release the sections. Squeeze the juice from the membranes over the chilled sevicehe.

Arrange the orange sections and avocado wedges around the edge of a platter. Using a slotted spoon, spread the sevicehe in the center. Spoon some of the marinade over the oranges and avocados and serve immediately.

Per Serving (excluding unknown items): 416 Calories; 27g Fat (55.5% calories from fat); 25g Protein; 23g Carbohydrate; 9g Dietary Fiber; 239mg Cholesterol; 518mg Sodium; 9g Total Sugars; trace Vitamin D; 110mg Calcium; 2mg Iron; 1077mg Potassium; 449mg Phosphorus. Exchanges: .

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