



Kokoda (Fijian Ceviche)

Serves six

- 1 pound (500 grams) of white, fleshy very fresh fish
- 1 tsp. salt (or more to taste)
- Enough fresh lemon juice to cover the fish in the bowl (I used 6 small lemons)
- 1 – 13.5 OZ. (400 ml.) can of unsweetened coconut cream
- 1 small ripe tomato – seeded and chopped
- 1 small red or green chili pepper – seeded, membrane removed and chopped
- 2 TBS of diced bell pepper (any color)
- 1 scallion – chopped (white, light green and dark green)

Clean the fish well by removing all bones, skin and any brown pieces it might have. Cube into small cubes and place in a glass or plastic container. Mix in the salt and lemon juice and cover the bowl. Refrigerate for about 3 hours.

Remove the fish from the fridge and add all of the remaining ingredients. Mix well and taste for salt. Adjust if necessary and serve. Enjoy!

CALORIES 319.80; FAT 24.98 grs (sat 21.42; mono 1.55; poly 0.69); PROTEIN 19.72 grs ; FIBER 2.08 grs; CARBS 9.12 grs; CHOLESTEROL 41.66 mg; IRON 2.23 mg; SODIUM 436.06 mg; CALCIUM 23.94 mg