

Tropical Vegan Ceviche

Courtesy of Chef Lauren Mahlke, Planted Table



An easy tropical vegan ceviche recipe that has become a customer favorite and one of my go-to party appetizers. Having this vegan recipe on hand has been a life saver for me to serve to visiting guests or bring as a last minute potluck dish. Plus, it reminds me of summer!

This vegan ceviche recipe is easy and will have your guests asking for more. There's something so delightful about the cold dish mixed with the crunch of a tostada or plantain chip in every bite. Ceviche is a seafood dish originating from Peru, typically made with cured fish. Other Latin American cultures also have their own take, using different types of fish, shrimp, and even fruits like mango. I wasn't going to let seafood stop me from creating this dish - so of course, I made a vegan ceviche recipe that I knew our Planted Table customers and party guests would love.

Although there are variations of this dish, the ingredients for this vegan ceviche are simple and everything can be found at your local grocery store. Although I cut out the seafood, I didn't want to steer too far from Latin flavors. Hearts of palm and black beans are staples in many Latin households, which replace the seafood and add in some extra protein. This vegan ceviche recipe makes a great appetizer, doesn't require a ton of time, and is refreshing to say the least. So if you're in a hurry, this is a

great option to impress your guests. Just chop and mix it up! You can definitely eat it right away, but I will say that letting it sit increases the flavor. The end result is nothing short of fresh, flavorful and bright in color. Enjoy!

Want to spruce up your plating skills? Serve the ceviche in a martini glass or endive cup with a side of crunchy plantain chips.

Ingredients

14 oz Organic Hearts of Palm. sliced into 1/4 inch slices

½ cup small diced mango

½ cup small diced pineapple

1 avocado medium dice

1 tbsp green onion minced

1 tbsp lime juice

2 tsp lime zest

½ cup black beans canned and drained or home cooked

¼ cup deseeded small cucumber, diced

½ cup medium diced heirloom tomatoes follow instructions tips for tomatoes found here**

Minced cilantro

Finely minced jalapeno deseed (optional)

Salt and pepper to taste

Directions:

Combine all ingredients in a large bowl. Season with salt and black pepper to taste. Can be served immediately or let marinate for one day. If marinating stir before seasoning and taste again.

Servings 6

Website: <https://plantedtable.com/recipes/vegan-ceviche/>