



Make your own Costa Rican meal!  
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# SOPA NEGRA

*(sou-pah neh-grah)*

Main Dish





# MANGO CEVICHE

A vegan spin on the traditional ceviche dish is perfect for summer cooking. This dish, which is also reminiscent of street food favorite – mango with lime and salt – is bright, simple and fruity. You can have it as a salad, serve it alongside tortilla chips as a snack or as a side dish for your favorite meat, poultry or fish.



20 min



four



easy



vegan

## INGREDIENTS

- 1 large red onion, thinly sliced
- 2 large riped mangoes, diced
- Juice of 4 limes
- 1 jalapeño pepper, minced
- 2 TBLSP cilantro, chopped
- 1/4 TSP salt

## DIRECTIONS

Place the sliced red onion in iced water for 10 minutes while you're preparing the rest of the ingredients. On a separate bowl, add the diced mangoes, half of the lime juice and salt. Drain the onion; add the pepper and cilantro leaves and taste for balance. Mix everything gently and leave in the fridge for at least 15 minutes to chill and marinate. Serve.

