

Salad - Shrimp and Avocado
Jasmine Rokolj - DFAIT/MAECI

Ingredients:

Salad:

- 1 pound peeled and deveined shrimp
- 2 tablespoons vegetable oil or olive oil
- 2 garlic cloves minced or pressed
- 2 avocados
- 2 tomatoes
- 6 cups baby greens or torn lettuce

Dressing:

- juice and zest of 1 lemon
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped fresh tarragon
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup olive oil

Instructions:

- If you're using frozen shrimp, begin to thaw it by placing it in cold water about 15 minutes before cooking
- Warm the oil in a skillet, add the garlic and shrimp, and sauté until the shrimp turn pink, 2 to 4 minutes. Set aside
- Whisk together the dressing ingredients
- Toss the cooked shrimp with 1/4 cup of the dressing
- Peel and pit the avocados and cut into wedges
- Cut the tomatoes into wedges
- Arrange the shrimp, avocados, and tomatoes on the greens and drizzle on more of the dressing