

Avocado salad, shrimps and green aspergus |

Recipe for 4 servings

Description

A perfect recipe for a summer time lunch.

Ingredients

For the salad

- 150 Gr Green asparagus
- 2 Unit(s) Green onion
- 0.50 Unit(s) Romaine salad
- 1 Unit(s) Avocado
- 12 Unit(s) Peeled medium shrimps
- 8 Sprig(s) Fresh cilantro
- 15 Ml Sesame seeds

- Salt and pepper

For the vinaigrette

- 1 Unit(s) Orange
- 0.50 Unit(s) Lemon
- 10 Ml Roasted sesame oil
- 20 Ml Olive oil

- Salt and pepper

Preparation

- Preparation time **30 mins**

For the preparations

Mince the onions finely. Remove the leaves of the lettuce. Peel and slice the avocado. Squeeze the oranges and the lemon, and strain the juice. Pick the cilantro leaves. Roast the sesame in the oven.

For the vinaigrette

In a sauce pan reduce the orange juice to 1/2, remove from the stove, add the lemon juice, the sesame oil, the olive oil and season it.

For the salad

In a big pot of salty boiling water, blanch the asparagus until it gets tender, refresh it and cut it in four pieces. In another big pot of salty boiling water, poach the shrimps for two minutes and refresh it. In four bowls, split the salad, top it with the vegetables, add the shrimps and finish with the dressing. Use the cilantro and the sesame for the decoration.

Bon appétit!