CURRIED SHRIMP AND MIXED GREENS SALAD

Food from the sea, shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, Shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3 and selenium. They are low in calories, fat and carbohydrates and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed or grilled. A flavourful curry dressing with shrimp as in CURRIED SHRIMP AND MIXED GREENS SALAD, also makes a delightful appetizer.

PREP TIME: 15 min **COOK TIME:** 0 **SERVINGS:** 4

INGREDIENTS:

- 1 lb cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp curry powder
- 1/3 cup Greek yoghurt
- 1 green onion finely sliced
- 1 celery rib finely chopped
- ¼ tsp coarsely ground black pepper
- 2 tbsps chopped coriander leaves
- 150 gm mixed greens

DIRECTION:

In a small bowl blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion and black pepper.

Next add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.

To serve divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon or papaya slices if desired.

Curried shrimp salad can be served with crackers, on a bun or wrapped in lettuce leaves.

Bon Apetit..

CURRIED SHRIMP SALAD WITH MIXED GREENS - JEN'S COOKING TIPS

This recipe is easy to prepare and put together and is perfect for hot summer days, when you may not want to spend too much time in the kitchen. It can be served as a main or side dish.

The celery can be substituted with diced carrots or cucumber and the mixed greens with spinach, romaine or green leaf lettuce.

You can substitute the shrimp with cooked chicken or turkey.

Raw shrimp should always be firm to the touch and their shells should be translucent and greyish green, tan or light pink in colour.

Raw or cooked shrimp should have a mild salty smell but if the smell is "fishy" it is likely that the shrimp are unsafe to consume.

YOU WILL NEED:

Shrimp

Mayonnaise

Greek Yoghurt

Curry powder

Green onion

Celery

Coriander leaves

Mixed Greens