

SEARED SHRIMP & SPINACH SALAD WITH MANGO AND AVOCADO

Pairs well with Sauvignon blanc ...especially Fiddlehead 2012 "Goosebury" Sauvignon blanc

FROM THE KITCHEN OF – OUR VERY OWN, KRISTEN MULLIN

Fiddlehead accounting & compliance manager and wizard in the kitchen!

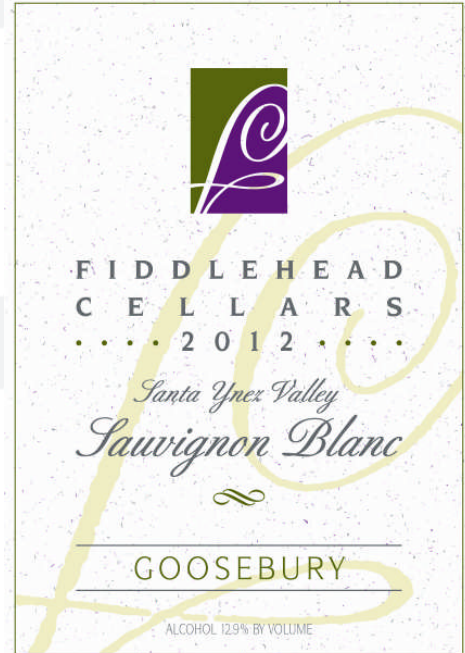
INGREDIENTS (Serves 4)

Salad

- ½ lb medium uncooked shrimp, shelled and deveined
- 6 cups baby spinach
- 1 mango, peeled and sliced thinly
- 1 avocado, peeled and sliced
- ¼ cup red onion, thinly sliced
- 1 Tbsp lime juice

Dressing

- 4 Tbsp orange juice
- 2 Tbsp lime juice
- 4 Tbsp olive oil
- ½ tsp cumin
- 2 Tbsp finely chopped cilantro
- 1 tsp chili pepper paste or 1 red chili or hot pepper, sliced
- Salt & pepper



PREPARATION

1. Soak the onion slices in warm water with a dash of salt and 1 Tbsp lime juice for about 10 minutes. Then rinse and drain.
2. Combine all the ingredients for the salad dressing in a bowl and whisk together until they are well mixed. Set aside.
3. Lightly sprinkle the uncooked shrimp with salt and pepper. Sear the shrimp in a pan or grill on the barbeque until just cooked through, roughly a couple minutes on each side.
4. Toss the spinach leaves with half of the dressing.
5. Divide dressed spinach among 4 bowls and top with avocado, mango slices and red onion. Then top with the cooked shrimp.
6. Drizzle the remaining dressing over each salad, as desired. Serve immediately.

Chef's Note: This salad is a great side dish or it can be served as a light main course. It pairs perfectly with a warm summer evening and chilled glass of our "Goosebury" Sauvignon blanc.

Bon Appétit! Kristen Mullin