



SF zesty-spicy shrimp cocktail salad

with crispy chickpeas and avocado



ca. 20min



4 Portionen

Was du von uns bekommst

- 2 Pck. Romanasalat
- 2 Avocados
- 2 unbehandelte Limetten
- 2 Pck. Sriracha-Sauce
- 50ml Sweet-Chili-Sauce
- 2 Baguettebrötchen ³
- 2 Dosen Bio-Kichererbsen
- 1 Pck. Knoblauch-Kräuter-Gewürzmischung
- 2 Pck. ASC-Garnelen, aufgetaut ¹
- 2 Pck. Röstzwiebeln ³

Was du zu Hause benötigst

- 4EL Mayonnaise ²
- Salz und Pfeffer
- Olivenöl
- Essig

Küchenutensilien

- Airfryer
- große Pfanne
- Küchenreibe
- Zitruspresse
- Sieb

Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Kochtipp

If you don't have an air fryer, warm the bread in a preheated oven or cut it into slices and toast them in a toaster.

Allergene

Krebstiere (1), Eier (2), Gluten (3). Kann Spuren von anderen Allergenen enthalten.

Nährwertangaben pro Portion

Energie 937kcal, Fett 50.1g, Kohlenhydrate 89.6g, Eiweiß 30.3g



1. Make the salad base

In a salad bowl, mix 4Tbsp olive oil, 2Tbsp vinegar and a large pinch of salt and pepper to a vinaigrette. Halve, decore and roughly chop the romana lettuces. Halve the avocados, remove the pit and score the flesh crosswise. Use a spoon to scoop the avocado cubes out of the skin. Toss the salad and the avocado in the vinaigrette.



4. Fry the chickpeas

Drain the chickpeas in a sieve and pat dry with a paper towel. Heat 2Tbsp olive oil in a medium pan over high heat. Add the chickpeas and fry for ca. 3min., shaking the pan, until the chickpeas start to jump. Remove from the pan into a bowl and mix in the garlic and herb spice mix and ½tsp of salt. Keep the pan.



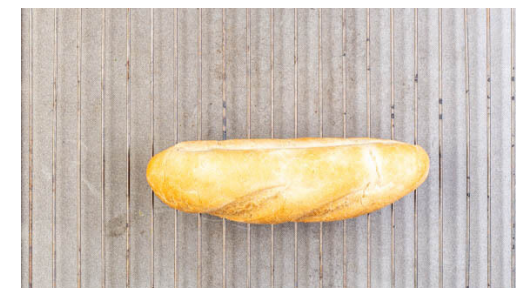
2. Make the cocktail sauce

Zest and juice the limes. In a small bowl, whisk 4Tbsp mayonnaise, the sriracha, the sweet chili sauce, the lime zest and ½ of the lime juice into a sauce.



5. Fry the shrimps

Rinse the shrimp in a sieve with cold water, then pat dry. Add 1Tbsp olive oil to the pan and let come to a medium-high heat. Fry the shrimps on each side for 1-2min. until they turn pink. Be careful to not overcook the shrimps. Season with the rest of the lime juice and a large pinch of salt.



3. Warm the bread

In an air fryer, bake the baguettes for 4-5min at 180°C until golden.



6. Slice the bread

Slice the bread. Top the salad with the chickpeas, shrimps and fried onions. Drizzle with the cocktail sauce and serve the salad with the bread.