

Roasted shrimps, mango and pineapple quinoa salad, fresh cilantro

Recette pour 4 personnes



Description

Sweet and salty mix, with butter seared shrimps and exotic salad.

L'idée déco

Watch the cooking of the wonton.

Ingrédients

For the salad

- 1 Unit(s) Yellow mango
- 0.25 Unit(s) Pineapple
- 3 Unit(s) Italian tomatoes
- 1 Unit(s) Green onion
- 8 Leaf(ves) Mint
- 1 Unit(s) Lemon
- 30 Ml Olive oil
- 2 Pinch(es) Fleur de sel
- 3 Turn(s) Fresh ground black pepper
- 3 Sprig(s) Fresh cilantro
- 1 Dash Olive oil
- 1 Pack Wonton wrappers

For the shrimps

- 12 Unit(s) Peeled medium shrimps
- 50 Gr Butter
- 2 Pinch(es) Salt and pepper

Préparations

Temps de préparation **25 mins**

Préchauffez votre four à 425 F°

For the mise en place

Peel and cut in cubes the mango, the pineapple and the tomatoes.

Pick the cilantro and the mint, chop it thick.

Mince the green onion and zest the lemon.

Cut the wonton in 4 pieces, put it on a baking tray with a nice drizzle of olive oil.

For the wonton

Place the wonton in the oven until a nice coloration, remove it and let it cool down.

For the shrimps

In a hot pan with butter, sear the shrimps 2 minutes on each side, place it on a baking tray, season it and finish the cooking in the oven for 1 minute.

For the plating

In a bowl, mix the vegetables, the fruits, the herbs and the lemon juice. Add some olive oil, salt and pepper, mix it well. Place the salad in small bowls, 2 shrimps on the top and a couple of wonton chips.

Bon appétit!