

# Avocado salad, shrimps and green aspergus.

Recipe for 4 persons

## Description

A perfect recipe for a summer time lunch.

## Ingredients

### For the salad

- 1 Bunch(es) Green asparagus
- 6 Unit(s) Green onion
- 6 Unit(s) Lettuce heart
- 2 Unit(s) Avocado
- 24 Unit(s) Peeled medium shrimps
- 8 Sprig(s) Fresh cilantro
- 15 Ml Sesame seeds
  
- Salt and pepper

### For the vinaigrette

- 2 Unit(s) Orange
- 1 Unit(s) Lemon
- 15 Ml Roasted sesame oil
- 30 Ml Olive oil
  
- Salt and pepper

## Preparation

- Preparation time **30.00 mins**

### For the preparations

Mince the onions finelly.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 oliv oil and season it.

### For the salad

In a big pot of salty boilling water, blanche the aspergus until it get tender, refresh it and cut it in four pieces.In another big pot of salty boiling water, poched the shrimps for two minutes and refresh it.In four bowl, 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!**