



Grilled shrimp salad with fennel, avocado and orange

serve with Stark-Condé Field Blend

The Field Blend by Stark-Condé Wines is made from a small organic vineyard planted expressly for the creation of this unique white blend. Made of 4 different grape varietals, this aromatic wine combines the richness and texture of Roussanne and Viognier, and balances it with the bright fruit and acidity of Chenin Blanc and Verdelho. The delicately nuanced perfume and fine tannin on the palate complements this grilled shrimp salad with its touch of citrus dressing.

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Ingredients (serves 4 as an appetizer)

For the salad:

200gms raw shrimp, peeled and cleaned

2 Tbsp olive oil

A pinch of chilli flakes (optional)

Salt & pepper

Freshly squeezed lemon juice

1 small fennel bulb, shaved on a mandolin (soak in ice water until serving)

A small bunch of fennel leaves chopped

1 seedless orange, peeled and cut into thin slices or segments

1 avocado, peeled and sliced

A small bunch of parsley, roughly chopped

For the dressing:

2 Tbsp extra virgin olive oil

½ tsp Dijon mustard

½ tsp honey

1 tsp sherry vinegar or red wine vinegar

1 Tbsp orange juice

salt and black pepper

Directions

Pat the cleaned shrimp dry with a paper towel. Toss the shrimp in a medium bowl with 2 tablespoons of olive oil, a pinch of dried chilli flakes, salt and pepper. Allow to marinate for a few minutes while you prepare the rest of the salad.

Salad: Arrange all the ingredients (except lemon juice and parsley) on a flat serving plate.

Dressing: Whisk all the ingredients in a jar or a bowl until emulsified.

When you are ready to serve, heat a large skillet. Pan fry the shrimp for a few minutes until they just turn pink and start to brown slightly on both sides. Do not overcook the prawns. Remove from the heat and squeeze lemon juice to taste, and add salt and pepper to taste. Place the shrimp over the salad greens and scatter the roughly chopped parsley on top. Drizzle the dressing over the platter and serve, adding a squeeze of lemon if needed.

Recipe by Sam Linsell, www.drizzleanddip.com

