

QUENELLE BUN SALAD WITH SHRIMP AND MANGO



French quenelles buns



Serves

4



INGREDIENTS

- 2 Saint Jean quenelle buns
- 4 lettuce hearts
- 12 large raw peeled shrimp
- 1 mango
- 1 red onion
- 2 tsp of olive oil
- Olive oil and balsamic vinegar
- Juice of one lime
- Mint leaves
- Salt and pepper

DIRECTIONS

PREPARATION

- Refrigerate the quenelles buns for 6 hours so they can be sliced with a knife. Alternatively, poach the quenelles in simmering water for 5 minutes.
- Coarsely chop the lettuce hearts and mint, then toss together in a salad bowl or on the plates.
- Peel and slice the mango, then peel and slice the red onion. Add the mango and onion to the salad.
- Heat the olive oil in a frying pan and sear the shrimp on both sides over a high heat for 2-3 minutes, turning them over several times.
- Deglaze the pan with the lime juice, then mix with the oil and vinegar and season with salt and pepper to make the dressing.
- Cut the quenelles buns into slices. In a frying pan over a high heat, cook the slices for 4 minutes on each side, turning occasionally.
- Top the salad with the shrimp and quenelles buns and serve immediately.