

Garlic and hot pepper grilled shrimps, fresh herbs quinoa salad, roasted cherry tomatoes

Recipe for 4 persons



Description

Quinoa salad with herbs garnished with oven-roasted tomatoes and spicy shrimp with garlic and chilli bird.

Note

Quinoa is a preferable food in your everyday diet. It is gluten free, low in lipid, iron-rich food, protein and omega-3. Its neutral taste allows great versatility in sweet and savory dishes.

Ingredients

For the quinoa salad

- 180 Gr Quinoa
- 500 Ml Water
- 0.25 Bunch(es) Chives
- 0.25 Bunch(es) Parsley
- 0.25 Bunch(es) Basil
- 1 Unit(s) Lemon

- Olive oil
- Vegetable oil
- Salt and pepper

For the shrimps

- 32 Unit(s) Peeled medium shrimps
- 1 Clove(s) Garlic
- 5 Ml Espelette pepper

- Olive oil
- Vegetable oil
- Salt and pepper

For the roast cherry tomatoes

- 1 Box(es) Cherry tomatoes
- 2 Sprig(s) Thyme

- Olive oil
- Vegetable oil
- Salt and pepper

For the mix green

- 4 Handful(s) Mixed greens
- 30 Ml Balsamic vinegar
- 60 Ml Olive oil

- Olive oil
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

General preparation

Cut the cherry tomatoes in half. Zest and squeeze the lemon juice. Chop the garlic and the thyme. Chop the basil, the parsley and the chive in big pieces.

Preparation of the roast cherry tomatoes

Place tomatoes on a baking sheet. Drizzle with olive oil, and season with chopped thyme, salt and pepper. Roast in oven for about 10 minutes.

Preparation of the quinoa salad

Rinse the quinoa in cold water. In a saucepan, place the quinoa and water. Bring to a boil and cook 12 to 15 minutes, covered, until water is completely absorbed. Let stand covered. Then add a little olive oil, zest and lemon juice and the herbs. Season with salt and pepper and set aside.

Preparation of shrimp

In a separate bowl, combine shrimp, minced garlic, chili from Espelette, a drizzle of olive oil and a pinch of salt and pepper. Mix and marinate a few minutes. In a hot pan, sear the shrimp a few minutes until they are all pink.

To serve

In each plate, make a portion of quinoa salad with a cookie cutter. Place 3 shrimp on quinoa and arrange the roasted tomatoes around. Finish with the mix green on the side and top it with the mix of olive oil and balsamic vinegar.

Bon appétit!