

Mango, shrimp and avocado timbale with a spicy cabbage salad

Recipe for 4 persons

Description

A nice and fresh dish, full of caribbean flavors.

Note

You could also use some yellow mango, it will be sweeter. You could also use bigger shrimp and grill it, instead of poching it.

Ingredients

For the timbale

- 32 Unit(s) Peeled medium shrimps
- 2 Unit(s) Avocado
- 1 Unit(s) Fresh mango
- 2 Unit(s) Lime
- 4 Unit(s) Green onion
- 6 Sprig(s) Fresh cilantro

- Olive oil
- Salt and pepper

For the spicy cabbage salad

- 0.50 Unit(s) Chinese cabbage
- 30 Ml Olive oil
- 15 Ml Red wine vinegar
- 15 Ml Ketchup
- 5 Ml Chili paste (sriracha)

- Olive oil
- Salt and pepper

Preparation

- Preparation time **20 mins**

Preparation

In a big pan of salted boiling water, cook the shrimp for 3 minutes and refresh it. Minced the cabbage, the green onions and the cilantro thinly. Peel and cut the avocado and the mango in thin stripes. Squeeze the limes to extract the juice.

For the timbale

Pour half of the lime juice on the avocado stripes with salt and pepper. Pour the other half of the lime juice on the mango, with the salt and pepper, add the green onions and half of the cilantro. In four medium pastry cutters, put a first layer of avocado, then mango, four shrimp and repeat it once, finish it with a last layer of mango and avocado.

For the spicy cabbage salad

Mix the olive oil, the vinaigrette, the ketchup and the chili paste, salt, pepper and mix it until you get a nice vinaigrette. In a bowl, put the cabbage and the vinaigrette and mix it.

For the plating

With a spatula put a timbale on the side of the plate and on the other side put a nice bunch of cabbage salad, finish the decoration with the other half of the cilantro.

Bon appétit!