



Shrimp Grapefruit Salad

4-6 servings

Ingredients

- 1 ½ pounds shrimp, peeled and deveined
- Salt to sprinkle on the shrimp as they cook - about ¼ tsp
- 1 Tbsp extra virgin olive oil
- 2 Tbsp fish sauce (I use Red Boat)
- 1 Tbsp tamari sauce
- 2 Tbsp water
- 1 tablespoon granulated sugar
- Juice of 2 average size limes
- 6 cups mixed arugula and mixed greens, washed and dried
- 3 pink grapefruit, peeled and sectioned, tough white pith removed, each section cut in half
- ⅓ cup chopped mint leaves
- ⅓ cup chopped cilantro (leaves and stems are fine)
- ½ cup chopped dry-roasted peanuts

Instructions:

Grill or saute shrimp (or tofu or chicken breast pieces) in a little oil briefly, sprinkling with a little salt. When cool, cut the shrimp in half widthwise.

Combine fish sauce and tamari with water, sugar and lime juice, and whisk until smooth. Taste and adjust.

Arrange the lettuce on 4 plates; top each portion with a few grapefruit pieces, some shrimp, and the mint and cilantro; drizzle with the dressing, then sprinkle with chopped peanuts.

Cook's Notes:

Minced chilies or dried red pepper flakes are good to sprinkle on top if you are serving spice lovers.

FYI, I keep the parts of this salad in separate containers so you can have it two or three days in a row.

Source: The New York Times