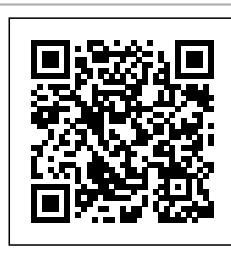


Seafood and Avocado Salad



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Recipe by: Laura Vitale

Serves 4 to 6

Prep Time: 20 minutes

Cook Time: 5 minutes

Ingredients

For the Seafood:

- 1 lb of Shrimp, shelled and deveined
- 1 lb of Baby Squid, cleaned
- Juice of 1/2 Lime
- 1/2 tsp of Chili Powder
- 1 tsp of Ground Cumin
- 2 Tbsp of Olive Olive Oil
- Pinch of Salt

For the Salad:

- 1 Ripe Avocado, cut into small cubes
- 1 lb of Tomatoes, chopped
- 1/2 Small Red Onion, thinly sliced
- 1/2 cup of Cilantro
- Juice of 1 Lime
- 1 Small Clove of Garlic
- 3 Tbsp of Olive Oil
- Salt, to taste

1) In a bowl, toss together the shrimp, squid, lime juice, chili powder, cumin powder, olive oil and salt, set aside while you preheat a grill pan on high heat.

2) Grill the seafood on the hot grill pan for just a couple of minutes until fully cooked through, remove the seafood and place them in a bowl, set aside.

3) In a small mini chopper or blender, add the cilantro, olive oil, lime and garlic and pulse until just about smooth.

4) Add the remaining salad ingredients along with the vinaigrette to the bowl with the grilled seafood, toss all together to mix then cover and pop it in the fridge for about half an hour before serving.

