

*The pink of
shrimps and
grapefruit with
the green of
avocado and
arugula make a
cheerful
welcome in hot
weather.*



Avocado, Grapefruit & Shrimp Salad with Citrus Dressing

Yields 4 servings

INGREDIENTS

3 large pink grape-
fruits
4 ounces arugula
2 avocados
½ pound cooked
peeled shrimps
3 to 4 dill sprigs

For the Dressing

Reserved grapefruit
juice
Juice of ½ lemon
¼ sweet red onion,
finely chopped
1 garlic clove,
chopped
1 teaspoon Dijon
mustard
Salt and pepper
½ cup olive oil

To remove sections from the grapefruits: Slice off the top and base of the fruits. Following the curve of the fruit, cut away the skin, zest and pith so only the segments and central membranes are left. Slide the knife down each side of a section to cut it free of the membranes, letting the section fall into the bowl. Continue cutting, turning the membranes back like the pages of a book, until you've removed all of the sections. Chill them and reserve the juice.

Wash and dry the arugula. Halve each avocado lengthwise, cutting down to the pit. Twist the halves and pull them from the pit. Tap the knife blade sharply onto the pit, twist and pull out the pit. Peel away the skin and cut the avocado flesh into lengthwise slices. Brush some of the grapefruit juice over the slices so they do not discolor.

For the dressing: Whisk the reserved grapefruit juice with the lemon juice, onion, garlic, mustard, salt and pepper until mixed. Gradually add the olive oil, whisking constantly so the dressing emulsifies and thickens slightly. Taste, adjust the seasoning and set aside.

Shortly before serving: Toss the arugula with about a third of the dressing and taste for seasoning. Spread a bed of arugula on four plates. Arrange the avocado slices and grapefruit sections like the spokes of a wheel on top and spoon over more dressing. Chop the dill and toss with the shrimps and remaining dressing. Taste, adjust the seasoning, and spoon the shrimps into the center of the wheel. Serve the salad as soon as you can so the greens do not wilt.

This recipe is from *Good Food No Fuss*.