

Leafy Green Mango Salad with Coconut Citrus Vinaigrette & Grilled Shrimp Skewers

This mango salad has a bright tropical flair that's perfect for a light summer dinner. It's drizzled with a creamy coconut citrus vinaigrette and topped with smokey grilled shrimp skewers, toasted coconut, and fresh herbs.

Makes: 4 servings

Ingredients:

1 lb. raw, deveined, peeled shrimp
1 tablespoon extra virgin olive oil
½ teaspoon ground cumin
½ teaspoon paprika
Pinch of salt
6-8 cups Les Verts greens
1 cup diced mango
1 red bell pepper, diced
¼ small red onion, sliced
½ english cucumber, thinly sliced
1 Hass avocado, sliced
¼ cup toasted coconut shreds (see note)
1 small bunch cilantro

Coconut Citrus Vinaigrette:

½ creamy coconut milk
½ cup extra virgin olive oil
½ cup fresh squeezed orange juice
¼ cup lime juice
2 tablespoons finely minced red onion
¼ tsp salt

Instructions:

Preheat grill to medium/high heat (400°F). Skewer 4-5 shrimp on wooden skewers without leaving spaces. To avoid burning the sticks, they can be soaked in water for 30 minutes prior to grilling.

In a small bowl, combine the olive oil, cumin, smoked paprika, and salt. Stir to combine, then brush both sides of each shrimp skewer. Place the shrimp skewers on the grill, cover, and cook for 2 minutes per side of just until cooked through and shrimp is pink in colour. Remove from the grill and set aside.

In a small food processor or blender, add the ingredients for the Coconut Citrus Vinaigrette. Blend until completely combined. Season to taste and set aside.

Add the Les Verts greens to a large serving bowl, or separate between 4 separate bowls. Top with mango, red onion, cucumber, avocado, and garnish with toasted coconut and cilantro. Arrange the shrimp skewers on top and serve with dressing on the side.

Note: you can buy coconut that has already been toasted, or you can simply add raw coconut shreds into a dry skillet over medium heat and shuffle until fragrant and golden in colour.