

09.23 大廚師-蝦, 牛油果和桃沙拉

Shrimp, Avocado and Peach Salad

材料:

- 1) 1½小匙萊姆汁
- 2) 1 湯匙美乃滋
- 3) 3 湯匙橄欖油
- 4) 3 湯匙切碎的紅洋蔥
- 5) 中蝦 (390-500 克)
- 6) 2 個桃 (切片)
- 7) 1 個牛油果 (切片)
- 8) 新鮮香菜
- 9) 新鮮的羅勒
- 10) 2 個羅曼妮心 (切薄片)

- a. 1 ½ tbs lime juice
- b. 1 tbs mayonnaise
- c. 3 tbs olive oil
- d. 3 tbs minced red onion
- e. Medium shrimp (390-500 g)
- f. 2 peaches (sliced)
- g. 1 avocado (sliced)
- h. Fresh cilantro
- i. Fresh basil
- j. 2 Romaine hearts (thinly sliced)

做法：

1. 在一個小碗裡，混合萊姆汁和美乃滋。逐漸在油中攪拌。混合洋蔥和調味料加入鹽和胡椒

2. 調勻所有材料上菜

1. In a small bowl, mix the lime juice and mayonnaise. Gradually whisk in the oil. Mix in the onion and season with salt and pepper

2. Combine and serve