

Iron Skillet Shrimp With Mangoes

8 servings

Dressing-

1-inch piece fresh ginger root
1 lime
3 tbs. unseasoned rice vinegar
2 tsp. Dijon mustard
2 tsp. honey
½ tsp. kosher salt
½ tsp freshly ground black pepper
½ cup plus 1 tbs. olive oil

Shrimp

2 pounds peeled and deveined large raw shrimp
1 tsp. sweet paprika
1 tsp/ ground coriander
3-4 champagne mangoes cut into chunks
1/4 medium red onion cut into very thin slices
8 ounces spring mix lettuces
1/4 cup skinned hazelnuts (optional)

Peel and grate the ginger over a large liquid measuring cup. Cut the lime in half, then squeeze in all its juice. Add the rice vinegar, mustard, honey, ¼ teaspoon each of the salt and pepper. Whisk in ½ cup of the oil in a slow, steady stream to form an emulsified dressing.

Discard the shrimp shell tails if they are still attached. Lay the shrimp on a cutting board or piece of plastic wrap, then sprinkle them on both sides with the paprika, coriander and the remaining salt and pepper. Heat the remaining tablespoon of oil in a large cast-iron skillet over medium heat. Once the oil shimmers, add the shrimp and cook for about 2 minutes per side, until opaque and pink. Transfer the shrimp to the mixing bowl with the mango chunks.

Return the skillet to the stove top, over medium-low heat. Add the hazelnuts to the pan; toast them for a few minutes until fragrant and lightly browned. Let cool, then coarsely chop. Add the red onion, lettuces and hazelnuts to the mixing bowl. Drizzle half the dressing over and toss gently to coat.

Divide among individual plates. Pass the remaining dressing at the table.

Hints/Comments:

2 pounds of shrimp will serve about 5-6 shrimps per individual salad plates.

Suggestion: Add the prepared shrimp and mangoes individually to each salad plate rather than putting into mixing bowl as directed. (easier to control number of shrimp and mangoes per plate.) Then added a little more salad dressing to the individual plate.