Shrimp, Avocado, Basil, and Fresh Parsley Salad

Serves 4

Ingredients

Dressing

½ clove garlic, minced
Juice of ¼ lemon
1 tbsp. (15 ml) red wine vinegar
¼ cup (60 ml) sour cream
¼ cup (60 ml) mayonnaise
1 tbsp. (15 ml) fresh parsley, chopped
Salt and pepper, to taste

Salad

3 cups (750 ml) arugula
3 cups (750 ml) baby spinach
16 shrimp, 16–20 count, cooked
1 cup (250 ml) cherry tomatoes, halved
1 cup (250 ml) Northern shrimps, cooked
2 avocados, peeled, pitted, and sliced
4 tbsp. (60 ml) sliced almonds, toasted
About 4 tbsp. (60 ml) basil leaves
2 shallots, minced

Preparation

1. In a bowl, mix all dressing ingredients.
2. Put arugula, baby spinach, cherry tomatoes, shrimps, avocado slices, almonds, basil, and shallots in a serving

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dish (or 4 individual dishes).

3. Pour dressing over to serve.