

“Un” Chopped Seafood Salad



dukes
SEAFOOD



**Serves one as entrée
and two as starter –
multiply for larger
crowds**

Ingredients

3 Wild Mexican Prawns (21-25 per lb) peeled and deveined

2 Wild Alaska Weathervane Scallops (size 20 - 30 per lb)

1/3 cup Why Not Take Me & Herb marinade (recipe below)

4 romaine lettuce leaf hearts diced

½ cup Napa cabbage sliced into ribbons

¼ cup roasted cashews

¼ cup tomatoes diced

¼ avocado diced

¼ cup crumbled Feta cheese

¼ cup Duke’s Sinful Citrus Vinaigrette (recipe below)

Directions:

- Using two parallel skewers, bisect one Scallop followed by one Prawn, matching the natural curve of the Shrimp so it hugs the top edge of the Scallop below it. Add another Scallop and Prawn in this way until all 6 pieces are flat and nested.
- Marinate in Why not Take Olive Me & Herb Marinade for at least 2 hours in the refrigerator.
- On a hot flat griddle or large sauté pan, cook Scallops and Prawns on their skewer until golden brown, approximately 2-3 minutes per side.
- In mixing bowl, place salad greens, cashews, tomatoes, avocado and Feta, and toss with Duke’s Sinful Citrus Vinaigrette. Top with Scall & Prawn Skewer.

Sinful Citrus Vinaigrette

Ingredients:

1 egg, 2 Tbsp fresh whole garlic cloves; 2 Tbsp fresh basil leaves, stems removed; ¾ tsp kosher salt; 1 ½ tsp fresh cracked black pepper; 1 cup + 2 Tbsp extra virgin olive oil; and ½ cup fresh squeezed lemon juice.

Directions:

Place egg in food processor and blend for 2 minutes until frothy. While mixing, blend in garlic and basil until smooth. Add salt and pepper. In a thin, constant stream, slowly add olive oil (too fast and the dressing will separate). Add lemon juice and mix just until smooth.

Why Not Take Olive Me & Herb Marinade

Mix 1 cup extra virgin olive oil, ¼ cup Duke's Superb Herb Bland, 1 Tbsp Duke's Ready Anytime Seasoning, 1 Tbsp fresh parsley diced, 2 Tbsp garlic diced small together and refrigerate for at least 4 hours. Makes enough for 5 skewers.

Tip from Chef "Wild" Bill:

This marinade adds flavor and a fresh taste to seafood without being overwhelming. Try it with grilled Prawns, grilled fish or even chicken. If broiling, make sure to drain off any excess oil to avoid a flame-up.

To learn more about Duke's Seafood or enjoy the full collection of recipes by purchasing Duke's Seafood's cookbook, "*As Wild As it Gets; Duke's Secret Sustainable Seafood Recipes*" visit us at www.dukesseafood.com.

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