



# Char-grilled seafood and mango salad with green goddess dressing

By Miele

20 minutes, plus cooling time

**Preparation Time** 

40 minutes

Cooking Time

6 serves

Serves

#### **INGREDIENTS**

# Char-grilled seafood and mango salad

750 g crayfish tails, prawns or other shellfish

100 g mixed lettuce leaves

1 mango, thinly sliced

1 1/2 avocados, thinly sliced

6 radishes, thinly sliced

1 Lebanese cucumber, thinly sliced lengthwise

1 lemon, cut into thin wedges

## **Green goddess dressing**

75 g (¼ cup) homemade or store-bought mayonnaise

75 g (1/4 cup) sour cream or crème fraiche

1/2 avocado, roughly chopped

1/4 cup tarragon leaves

1/4 cup dill fronds

½ cup parsley leaves

Dash Worcestershire sauce, or to taste

1 tbsp lemon juice, or to taste

Salt flakes and pepper, to taste

#### Miele accessories

Steam containers Griddle plate

#### **METHOD**

#### Char-grilled seafood and mango salad

- 1. Place the seafood in a perforated steam container and into the steam oven. Place an unperforated steam container on the shelf below to catch any liquid.
- 2. If using crayfish, Steam at 70°C for 30 minutes, or until just cooked. Prawns will cook in 20 minutes at 70°C.
- 3. If using crayfish, squeeze the sides of the crayfish tails until you hear a crack. Using kitchen scissors, cut the shell along the belly. Carefully remove the meat from the tail.
- 4. Turn on your rangehood and preheat the griddle plate on medium heat, induction setting 6 for 10 minutes.
- 5. Place the crayfish tails on the griddle plate and cook for 5 minutes, or until charred on the edges. Cool before slicing. If using prawns, cook for 1 minute to char.
- 6. Combine the seafood with the lettuce, mango, avocado, radishes and cucumber in a serving bowl and serve with the green goddess dressing and lemon wedges.

#### Green goddess dressing

- 1. Blend or process the mayonnaise, sour cream, avocado and herbs until smooth.
- 2. Season to taste with Worcestershire sauce, lemon juice, salt and pepper. Thin the dressing with a little water, if needed.

## Hints and tips

- Green goddess dressing was originally made in San Francisco in 1923 to celebrate a popular play "The Green Goddess".
- Buying sustainable seafood is important for maintaining healthy oceans and preserving marine ecosystems.
  Look for seafood that is certified by a reputable sustainability organisation such as MSC. If crayfish is not sustainable in your region this dish can be made with prawns or other shellfish.
- Cooking seafood in a steam oven will change the way you cook seafood. Being able to cook with temperatures lower than 100?C improves seafood's texture and flavour.