

Miele

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 ½ avocados, thinly sliced
6 radishes, thinly sliced
1 Lebanese cucumber, thinly sliced lengthways
1 lemon, cut into thin wedges

Green goddess dressing

75 g (¼ cup) homemade or store-bought mayonnaise
75 g (¼ cup) sour cream or crème fraîche
½ avocado, roughly chopped
¼ cup tarragon leaves
¼ 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 and 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. 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- Green goddess dressing was originally made in San Francisco in 1923 to celebrate a popular play “The Green Goddess”.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.