

Now you can make your own Crayfish & Sweet Chilli dressing salad



INGREDIENTS

2 generous handfuls of fresh, salad leaf mix (we use a combination of red chard, spinach, frisee, lollo rosso, rocket and mizuna)

About 90g of crayfish tails

Sea salt and coarse-ground black pepper

1/3 small punnet of mustard cress

5 slices of cucumber

Sweet chilli dressing (see method below)

For the sweet chilli dressing:

1/4 of a shallot, roughly chopped

1/4 clove of garlic, roughly chopped

1/4 of a red chilli, finely chopped (leave the seeds in for extra kick!)

1/4 tablespoon of virgin olive oil

1/4 tablespoon of fish sauce

Juice of half a lemon

1/4 tablespoon of white wine vinegar

1/4 tablespoon of soft, brown sugar

PREPARING THE FILLING

1. Try to find fresh crayfish tails from a good fish shop and simmer for four minutes in water. Drain and peel them and set them aside on a clean paper towel.

2. To make the sweet chilli dressing, mix the sunflower oil, fish sauce, lemon juice, vinegar with the sugar until fully dissolved. Add the diced shallot, garlic & chilli and gently whisk together.

3. We use real mustard cress, not the tiny punnets of tasteless, oilseed rape that some super-markets sell. The fiery, peppery, real stuff is worth going the extra mile for.

MAKING THE SALAD

1. Place the salad leaf mix in your salad bowl.
2. Pour half of the dressing over the top and mix with the leaves.
3. Lay the drained crayfish tails on top of the salad leaf mix, to one side of the bowl.
4. Season the crayfish with sea salt and coarse-ground black pepper.
5. Sprinkle the mustard cress over the crayfish and add the cucumber.
6. Drizzle the remainder of the dressing over the salad and enjoy immediately.



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