



Organic Chickling Salad with Shrimp & Fregola Sarda

INGREDIENTS

Organic Chickling
Raw Shrimp in shells or Cooked Shrimp
Toasted Fregola Sarda
Asparagus Spears
Carrots
Celery
Garlic
Bay Leaf
Green Onion
Cilantro (or Italian Parsley)
Mint
Lime juice
Lemon zest
Lemon juice
Mayo or Greek yogurt
EVOO (ASARO Lemon EVOO works particularly well)
Tutto Calabria Hot Spread Sauce or Chili flakes
Salt
Mixed salad greens or Arugula



DIRECTIONS

- Rinse & sort Chickling. Soak Chickling in cold water for about an hour
- If using raw Shrimp, poach shrimp in water with bay leaf, garlic, carrot, celery – remove shrimp, reserve cooking liquid & vegetables. Cool shrimp, peel and devein. Chop.
- Drain chickling and cook in shrimp poaching liquid for 40 minutes or until tender but not mushy. Drain, remove vegetables & toss with EVOO & salt. Let cool.
- Boil Fregola Sarda in salted boiling water (like Pasta) until cooked through. Drain, toss with EVOO. Let cool.
- Steam asparagus spears, until just tender. Dress with EVOO, lemon juice & salt. Let cool.
- Dice carrots, celery, green onion, chop cilantro, & mint. Place in a large bowl.
- Place cooled shrimp, chickling, fregola, lime juice, lemon juice & zest, mayo, EVOO & hot spread sauce in the same bowl as the vegetables and toss together. Check for salt and acid. Let sit to marinade for one hour.
- Lightly dress salad greens with EVOO & lemon. Arrange salad greens in bowl, leaving space in the center for Chickling salad. Decorate with Asparagus spears.