

# Mediterranean Shrimp Salad



## INGREDIENTS

- 2 lemons, one for the poached shrimp and one for the dressing
- 1/2 cup white wine
- 2 sprigs fresh dill
- 2 bay leaves
- 2 teaspoons kosher salt, divided
- 8 whole peppercorns
- 8 ounces shelled medium size shrimp, frozen with tails removed
- 1/2 cup extra virgin olive oil
- 1/4 cup champagne vinegar
- 3 cloves garlic, pressed or minced
- 2 tablespoons whole grain mustard
- 1/2 teaspoon freshly ground black pepper
- 3 cups baby arugula leaves
- 2 cups cherry tomatoes, halved
- 1 1/2 cups cooked cannellini beans, or 1 15-ounce can drain and rinsed
- 1/3 cup chopped fresh dill
- 1/4 medium red onion, thinly sliced

# Mediterranean Shrimp Salad

## INSTRUCTIONS

1. Bring a medium size pot of water to a boil with the juice of 1 lemon plus the reserved lemon halves, white wine, fresh dill sprigs, bay leaves, 1 teaspoon of kosher salt, and peppercorns. Add the frozen shrimp to the pot and turn off the heat. Poach the shrimp in the liquid until they turn pink and are cooked through, then strain and discard the lemons, bay leaves, peppercorns, and dill sprigs. Set aside to cool.
2. Meanwhile, combine the olive oil, lemon zest and juice of the last lemon, champagne vinegar, garlic, whole grain mustard, half of the chopped dill, and remaining teaspoon kosher salt and the freshly ground pepper in a small bowl or glass jar with a lid. Whisk or shake well.
3. Add the shrimp and beans to a large bowl and toss with half of the dressing then let sit to absorb the flavors for 10 minutes or so. Add the arugula, halved tomatoes, and red onion and toss with more dressing to taste. Season with more kosher salt and freshly ground black pepper to taste and sprinkle with more fresh dill. Serve chilled.