



# Shrimp and Avocado Salad Recipe

## A Salad Full of Sunshine

This salad always makes me think of summer. It is so bright and colorful. All those colors make me feel happy.

The crisp lettuce and cool cucumber are so refreshing. The warm, spicy shrimp are a lovely surprise. It feels like a party in a bowl. What is your favorite colorful food to eat?

## The Little Story of the Shrimp

I learned to cook shrimp from my friend, Marie. She visited Louisiana once. She came back and taught me her Cajun trick.

She said the secret is the garlic and butter. You must watch it closely. I still laugh at that. I burned the garlic the first time I tried. Now I know to keep my eyes on the pan.

## Why We Mix Warm and Cool

This matters because food should be a joy for all your senses. The warm shrimp against the cool avocado is wonderful. It keeps every bite interesting.

It also makes a simple salad feel like a full meal. You get something hearty and something light. \*Fun fact: The avocado is actually a berry!\* Isn't that funny? Do you prefer warm or cold foods for lunch?

## Making the Zesty Dressing

Do not be scared of the mustard. It does not make the dressing taste like a hot dog. It just makes it creamy and a little sharp.

The fresh lemon juice makes everything taste brighter. Doesn't that smell amazing? Whisk it all together until it looks like a sunny sauce. This matters because a good dressing ties the whole salad together.

## Bringing It All Together

Now for the best part. Put all your chopped veggies in a big, big bowl. I like my big yellow one. It feels like a celebration.

Then, you gently place the pink shrimp on top. Pour that sunny dressing over everything. Give it one gentle toss. Have you ever cooked with shrimp before? I would love to hear about it.

## Ingredients:

Ingredient	Amount	Notes
Roma tomatoes	4	chopped
Cucumber	1	sliced
Red onion	$\frac{1}{2}$ medium	chopped
Avocados	2 medium	sliced
Corn kernels	1 cup	
Romaine lettuce head	1 medium	5 to 6 cups chopped
Unsalted butter	3 tablespoons	
Raw shrimp	1 pound	small, peeled and deveined
Cajun seasoning	2 teaspoons	
Garlic	2 cloves	minced
Lemon juice	1 tablespoon	
Salt and pepper	1 pinch	optional
Olive oil	2 tablespoons	
Lemon juice	3 tablespoons (about 1 large lemon)	
Dijon mustard	1 tablespoon	
Cilantro	$\frac{1}{2}$ cup	finely chopped
Kosher salt	$\frac{1}{4}$ teaspoon	
Ground black pepper	$\frac{1}{4}$ teaspoon	
Garlic salt	$\frac{1}{4}$ teaspoon	



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## My Summer Shrimp & Avocado Salad Story

Hello, my dear! Come sit with me. Let's talk about my favorite summer salad. It always reminds me of sunny afternoons on the porch. The breeze would carry the smell of sizzling shrimp. Doesn't that smell amazing? This dish is so fresh and happy. It's like a party in a bowl.

See also [Seafoam Salad](#), [The Bitter Side of Sweet](#)

I will walk you through it step-by-step. Do not worry one bit. We will start with the shrimp. They are the little stars of our show. My grandson calls them "flavor boats." I still laugh at that. Are you ready? Let's begin cooking together.

**Step 1:** Grab your big skillet. Place it on the stove over medium heat. Drop in your three tablespoons of butter. Let it melt and get all bubbly. This is the secret to tasty shrimp. It makes them rich and golden.

**Step 2:** Now, add your raw shrimp to the pan. Sprinkle on that Cajun seasoning. It will sizzle and pop a little. That is the good sound! Cook them for a few minutes on each side. You will see them turn pink and curl up.

**Step 3:** Time for the garlic! Stir it into the buttery shrimp. Please watch it closely. Garlic can go from golden to burnt in a blink. (My hard-learned tip: do not walk away from the pan now!). Cook for just one more minute.

**Step 4:** Take the pan off the heat. Drizzle in the lemon juice. It will hiss and smell so bright. Give the shrimp a little taste. Add a pinch of salt and pepper if you like. Then set them aside to cool down.

**Step 5:** Let's make our zesty dressing. In a small bowl, mix the olive oil and lemon juice. Add the mustard, cilantro, and all the salts and pepper. Whisk it all up until it looks creamy. This dressing is so lively and fresh.

**Step 6:** Now for the fun part! Get your biggest, prettiest bowl. Pile in the chopped romaine lettuce. Then, artfully arrange the tomatoes, cucumber, and red onion. Tuck in the creamy avocado slices and sunny corn. It's like making a garden in your kitchen.

**Step 7:** Top your beautiful veggie garden with the cooled shrimp. Drizzle that wonderful citrus dressing over everything. Gently toss it all together. I love the colors all mixing. **What is your favorite colorful vegetable? Share below!** Now, it is ready to serve and enjoy.

**Cook Time:** 10 minutes

**Total Time:** 25 minutes

**Yield:** 4 servings

**Category:** Lunch, Salad

## Three Fun Twists to Try

This salad is wonderful as it is. But you can also play with it! That is the joy of cooking. You can make it new every time. Here are a few ideas from my kitchen to yours.

See also Fresh Chickpea Salad with Mediterranean Flavors

**Fiesta Style:** Add a can of black beans and a diced jalapeño. It gives it a real kick! Perfect for a warm night.

**No-Shrimp Swap:** Use chickpeas instead of shrimp. Just toss them in the same Cajun seasoning. It is so good for my vegetarian friends.

**Summer Peach:** In late summer, add some sliced peaches. Their

sweetness with the spicy shrimp is magic. Trust me on this one.

**Which one would you try first? Comment below!**

## How to Serve Your Masterpiece

This salad is a full meal on its own. But I love to make it extra special. Sometimes I serve it in a hollowed-out watermelon bowl. It makes everyone smile. You could also offer warm, crusty bread for dipping.

For drinks, I have two favorites. A tall glass of iced tea with a sprig of mint is so refreshing. For a grown-up treat, a crisp glass of Sauvignon Blanc pairs beautifully. It cuts through the richness of the shrimp.

**Which would you choose tonight?** The cool tea or the crisp wine? I think I know my answer!



## Shrimp and Avocado Salad Recipe

# Keeping Your Salad Fresh and Tasty

This salad is best eaten right away. The avocado and lettuce like to be fresh. But you can prepare parts of it ahead.

Cook the shrimp and let it cool completely. Store it in a container in the fridge. Keep the dressing in its own little jar. I once mixed everything too early. My salad was a bit sad and soggy the next day.

You can also freeze the cooked shrimp for later. Just thaw it in the fridge. This makes a quick dinner so easy on busy nights. Batch cooking saves you time and stress. Have you ever tried storing it this way? Share below!

# Simple Fixes for Common Salad Problems

Is your salad too watery? Just slice your cucumbers and tomatoes. Then place them on a paper towel for a few minutes. This soaks up the extra water. Your dressing will not get diluted.

Worried about the garlic burning? I remember when I burned my first batch. It turns bitter so fast. Add the garlic at the very end. Cook it for just one minute until it smells good. This makes the whole dish taste better.

Is the shrimp too spicy for you? Use a little less Cajun seasoning next time. You are the boss of your own kitchen. Getting these small things right builds your cooking confidence. Which of these problems have you run into before?

See also [Banana Cake](#)

## Your Quick Questions, Answered

**Q: Is this recipe gluten-free?**

**A:** Yes, it is! All the ingredients are naturally safe.

**Q: Can I make it ahead?**

**A:** Prep the parts separately. Mix them just before you eat.

**Q: What if I do not like cilantro?**

**A:** Use fresh parsley instead. It will still be very tasty.

**Q: Can I double the recipe?**

**A:** Of course! Just use a much bigger bowl for tossing.

**Q: What is an easy extra?**

**A:** A sprinkle of feta cheese adds a nice salty touch. *Fun fact: Avocados are actually a fruit, not a vegetable!* Which tip will you try first?

## A Note From My Kitchen to Yours

I hope you love making this bright, happy salad. It always reminds me of summer lunches with my grandchildren. Cooking should be fun, not fussy.

I would be so delighted to see your creation. Have you tried this recipe? Tag us on Pinterest! You can find me at TheThornTable. Sharing food is a way of sharing joy.

Happy cooking!

—Elowen Thorn.



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[Savorydiscovery.com](http://Savorydiscovery.com)

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# Shrimp and Avocado Salad

Author: Elowen Thorn

Cooking Method:[Stovetop](#)

Cuisine:[American](#)



Courses:[Lunch Main](#)

Difficulty: **Beginner**

Prep time: **20 minutes**



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Cook time: **10 minutes**

Rest time:

**Total time: 30 minutes**

**Servings: 4 servings**

Calories: **420 kcal**

**Best Season: Summer**

## **Description**

A fresh and flavorful salad featuring juicy Cajun-spiced shrimp, creamy

avocado, crisp vegetables, and a zesty citrus dressing.

## Ingredients

- 4 Roma tomatoes, chopped
- 1 cucumber, sliced
- ½ medium red onion, chopped
- 2 medium avocados, sliced
- 1 cup corn kernels
- 1 medium romaine lettuce head, 5 to 6 cups chopped
- 3 tablespoons unsalted butter
- 1 pound small raw shrimp, peeled and deveined
- 2 teaspoons Cajun seasoning
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 1 pinch salt and pepper, optional
- 2 tablespoons olive oil
- 3 tablespoons lemon juice, (about 1 large lemon)
- 1 tablespoon dijon mustard
- ½ cup cilantro, finely chopped
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic salt

## Instructions

1. Heat a large skillet over medium heat and add the butter.
2. Add the shrimp and the cajun seasoning. Cook 2-3 minutes per side.
3. Stir in the garlic and continue to cook the shrimp in the butter until the garlic begins to caramelize and turn golden brown, about

another minute. (Be careful, garlic burns quickly)

4. Remove from the heat and stir in the lemon juice. If needed, season to taste with salt and pepper. Set aside to cool.
5. In a small bowl, combine olive oil, lemon juice, mustard, cilantro, salt, pepper, and garlic salt. Whisk together until all ingredients are incorporated.
6. In a large bowl add romaine lettuce, top with tomatoes, onions, avocado, corn, cucumber, and cooked shrimp. Top with Citrus dressing and toss to serve!

## Notes

For best results, add the avocado just before serving to prevent browning. You can adjust the spiciness by using more or less Cajun seasoning.

Keywords: Shrimp, Avocado, Salad, Cajun, Healthy, Lunch