Prep Time: 15 minutes
Cook Time: 5 minutes
Chill Time: 30 minutes (optional, but recommended)
Total Time: 50 minutes

Table of Contents

- Description
- Ingredients
- Equipment
- Instructions
    - Part 1: Prepare the Shrimp (Time: 5 minutes | Intensity: Medium)
    - Part 2: Prepare the Vegetables (Time: 5 minutes | Intensity: Low)
    - Part 3: Create the Creamy Dressing (Time: 3 minutes | Intensity: Low)
    - Part 4: Assemble and Chill (Time: 2 minutes + Chill Time | Intensity: Low)
- Nutritional Information (per serving)

Description

This Creamy Cucumber Shrimp Salad is the perfect embodiment of refreshing summer dining. It combines the crisp, cool crunch of garden-fresh cucumbers with the savory, tender bite of succulent shrimp, all brought together by a luscious, herb-infused creamy dressing. A hint of fresh dill and zesty lemon cuts through the richness, creating a beautifully balanced dish. It’s elegant enough for a luncheon but easy enough for a weeknight dinner. Serve it as a light main course, a sophisticated side dish, or a delightful appetizer.

Ingredients

For the Salad:

- 1 lb (450g) large shrimp, peeled and deveined
- 2 large English cucumbers (or 4-5 Persian cucumbers), thinly sliced
- 1/2 small red onion, very thinly sliced
- 1/4 cup fresh dill, chopped
- 2 tbsp fresh chives, chopped
- 1 tbsp fresh lemon juice (for the shrimp)
- Salt and black pepper to taste

For the Creamy Dressing:

- 1/2 cup (120g) full-fat Greek yogurt
- 1/4 cup (60g) mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp fresh lemon juice

- 1 clove garlic, minced
- 1 tsp lemon zest
- Salt and black pepper to taste

Equipment

- Large pot for boiling water
- Colander
- Large mixing bowl
- Small mixing bowl (for dressing)
- Whisk
- Sharp knife and cutting board
- Measuring cups and spoons

Instructions

Part 1: Prepare the Shrimp (Time: 5 minutes | Intensity: Medium)

1. Boil the Water: Fill a large pot with water and bring it to a rolling boil over high heat. While the water is heating, prepare an ice bath in a large bowl.

2. Cook the Shrimp: Carefully add the peeled and deveined shrimp to the boiling water. Cook for just 2-3 minutes, or until the shrimp turn opaque and pink. Be careful not to overcook them, as they will become rubbery.

3. Shock the Shrimp: Immediately drain the shrimp in a colander and transfer them directly into the prepared ice bath. This “shocking” process stops the cooking and ensures the shrimp remain tender and juicy. Let them sit for 2-3 minutes until cool.

4. Dry and Season: Drain the cooled shrimp well and pat them dry with paper towels. Place them in a bowl, toss with 1 tablespoon of fresh lemon juice, and season with a pinch of salt and pepper. Set aside.

Part 2: Prepare the Vegetables (Time: 5 minutes | Intensity: Low)

1. Slice the Cucumbers: Wash and thinly slice the cucumbers. If using English cucumbers, there’s no need to peel them. If using waxed cucumbers, you may peel them for a better texture. Place the slices in a large mixing bowl.

2. Slice the Onion: Peel and thinly slice the red onion. To mellow its sharp bite, you can optionally soak the slices in a small bowl of ice water for 5 minutes, then drain well.

3. Chop the Herbs: Finely chop the fresh dill and chives. Add the cucumber, red onion, dill, and chives to the large mixing bowl.

Part 3: Create the Creamy Dressing (Time: 3 minutes | Intensity: Low)

1. Combine Ingredients: In a small mixing bowl, combine the Greek yogurt, mayonnaise, Dijon mustard, fresh lemon juice, minced garlic, and lemon zest.

2. Whisk and Season: Whisk all the ingredients together until smooth and creamy. Season the dressing generously with salt and black pepper to taste. The dressing should be thick and flavorful.

Part 4: Assemble and Chill (Time: 2 minutes + Chill Time | Intensity: Low)

1. Combine Everything: Pour the creamy dressing over the cucumber and herb mixture in the large bowl. Add the cooled shrimp.

2. Toss Gently: Gently toss all the ingredients together until everything is evenly coated in the dressing.

3. Chill for Flavor: For the best flavor, cover the salad and refrigerate for at least 30

minutes to allow the flavors to meld. This step is optional but highly recommended for a more cohesive taste.

4. Serve: Before serving, give the salad a final gentle stir. Taste and adjust seasoning with salt and pepper if needed. Garnish with an extra sprig of fresh dill. Serve chilled.

Nutritional Information (per serving)

Please note that these values are estimates and will vary based on specific ingredients and portion sizes.

- Calories: ~275 kcal
- Total Fat: 15g
- Saturated Fat: 3g
- Cholesterol: 185mg
- Sodium: 350mg
- Total Carbohydrates: 8g
- Dietary Fiber: 1.5g

- Sugars: 5g
- Protein: 26g