



CRAYFISH SALAD WITH DILL AND LEMON AIOLI

Category: Fish

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Crayfish Salad with Dill and Lemon Aioli is a fresh, light, and flavorful dish that combines the sweet, delicate flavor of crayfish with the tangy kick of lemon and the herby, aromatic touch of dill. This salad is perfect for summer gatherings, a light lunch, or as a refreshing appetizer.

The homemade dill and lemon aioli adds a creamy texture and bright flavor that elevates the salad, creating a balance between the succulent crayfish and the fresh vegetables.

Whether served on its own or as part of a larger meal, this salad is sure to impress with its sophisticated yet simple taste.

Ingredients:

For the Salad:

1 lb cooked crayfish tails, peeled (you can substitute with shrimp or lobster if crayfish is not available)

2 cups mixed greens (arugula, spinach, or lettuce)

1/2 cucumber, thinly sliced

1/4 red onion, thinly sliced

1/2 avocado, diced

1/4 cup cherry tomatoes, halved

1 tablespoon fresh dill, chopped (for garnish)

Salt and freshly ground black pepper, to taste

For the Lemon Aioli:

1/2 cup mayonnaise (or Greek yogurt for a lighter version)

1 tablespoon lemon juice (about 1/2 lemon)

1 teaspoon lemon zest

1 teaspoon Dijon mustard

1 clove garlic, minced

1 tablespoon fresh dill, chopped

Salt and freshly ground black pepper, to taste

How to Make:

Prepare the Crayfish:

If using whole crayfish, peel and devein the tails, discarding the shells. If you're using pre-cooked crayfish tails, simply rinse them under cold water to remove any residual shell fragments and pat them dry with paper towels. Set aside.

Make the Lemon Aioli:

In a small bowl, whisk together the mayonnaise (or Greek yogurt), lemon juice, lemon zest, Dijon mustard, minced garlic, and fresh dill. Season with salt and pepper to taste. Whisk until the aioli is smooth and creamy. If you prefer a more tangy flavor, add extra lemon juice or zest.

Prepare the Salad Vegetables:

Thinly slice the cucumber and red onion. Dice the avocado and halve the cherry tomatoes. Place all the vegetables in a large salad bowl.

Assemble the Salad:

Add the cooked crayfish tails to the salad bowl with the vegetables. Gently toss the ingredients together to mix evenly.

Dress the Salad:

Drizzle the lemon aioli over the salad and toss gently to coat the crayfish and vegetables with the creamy dressing. Be careful not

to overmix, as the delicate crayfish tails can break apart easily.

Garnish and Serve:

Garnish the salad with freshly chopped dill for a burst of color and flavor. Serve immediately, or chill the salad for 15-20 minutes in the refrigerator for a cooler, refreshing dish.

Chef's Note:

This Crayfish Salad with Dill and Lemon Aioli is highly versatile, and you can customize it based on what you have on hand. If you prefer a more substantial salad, consider adding ingredients like hard-boiled eggs, roasted potatoes, or even quinoa for extra texture and heartiness.

For an added crunch, you can sprinkle some toasted pine nuts or sunflower seeds on top before serving. If you like a spicier kick, add a dash of hot sauce to the aioli or garnish with thinly sliced chili peppers.

This salad can also be served as a filling for wraps or sandwiches, or paired with a chilled glass of white wine for a sophisticated, light meal.

Nutritional Information (per serving, based on 4 servings):

Calories: 290

Protein: 20g

Carbohydrates: 14g

Fat: 18g

Fiber: 5g

Sugar: 5g

Sodium: 400mg

Crayfish Salad with Dill and Lemon Aioli is a healthy, balanced dish that provides a great source of protein and fiber, while also being rich in healthy fats from the avocado and dill-infused aioli. The salad is light but satisfying, with a combination of fresh vegetables, tender crayfish, and a creamy, zesty dressing that makes each bite a burst of flavor. This salad is not only delicious but also nutritious, offering essential vitamins and minerals while keeping the calorie count in check.