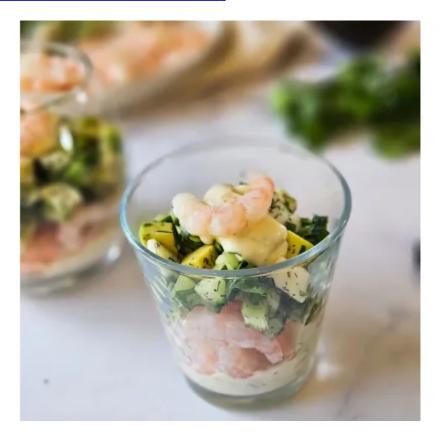
Nordic Shrimp Verrines



Perfect as a refreshing appetizer, gourmet brunch bites or elegant hors d'oeuvre, these shrimp verrines combine crunch, freshness, and creaminess. Created by a dietitian, they are as simple to prepare as they are impressive to serve. For more delicious ideas to share, check out our Top 10 Festive Bites.

Preparation 15 min
Cooking 0 min
Servings 4
Nutrition Facts (per serving)
Calories 115
Fat 5
Carbohydrates 7
Fibre 2
Protein 10
Sodium 215

Ingredients

Sauce:

- 30 ml (2 tbsp) light mayonnaise
- 15 ml (1 tbsp) plain 0% yogurt
- 5 ml (1 tsp) Dijon mustard

• 1 pinch dried dill

Other ingredients:

- ½ green apple, diced small*
- ? English cucumber, finely diced
- ½ avocado, finely small
- 10 ml (2 tsp) lime juice (or lemon juice)
- 2 ml (½ tsp) dried dill
- 30 ml (2 tbsp) fresh cilantro, finely chopped
- 200 g (7 oz) bag frozen Northern shrimp, thawed and well drained

Preparation

- 1. In a small bowl, mix all the ingredients for the sauce. Set aside.
- 2. In another bowl, combine the apple, cucumber, avocado, lime juice, dill, and cilantro. Mix well and set aside.
- 3. Spoon about 15 ml (1 tbsp) of sauce into the bottom of each verrine.
- 4. Divide the shrimp evenly among the verrines, over the sauce, then top with the vegetable mixture.
- 5. Serve immediately or refrigerate until ready to serve. Stir in the verrine before enjoying.

Notes

Keeps for 2 days in the refrigerator in an airtight container. Do not freeze.

*The apple can be replaced with strawberries or mango in this recipe.



Elsa Rochette – Nutritionniste Diététiste à Québec Registered Dietitian Nutritionist in Quebec City