

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*
- 1 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.



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