



## *Blackened Shrimp Cucumber Avocado Bites*

Preparation Time: 10 mins

Cooking Time: 10 mins

Serves: 8

Difficulty: Easy

### INGREDIENTS

1lb large shrimp peeled & deveined  
1 organic English cucumber sliced  
1 avocado  
1 green onion/scallion finely sliced  
1 tablespoon creole seasoning  
2 tablespoons chopped fresh cilantro  
½ teaspoon sea salt  
½ teaspoon of cayenne pepper  
1 tablespoon lemon or lime juice  
¼ cup remoulade sauce  
1 tablespoon oil

#### Note:

Cilantro can be switched out for parsley

If scallions are not available, you can switch out for fresh chives or spring onions.

### DIRECTIONS

1. Place shrimp on a large mixing bowl and pat dry with paper towel.
2. Toss shrimp with oil, creole seasoning, and cayenne.
3. Heat heavy based pan, preferably a cast iron pan, to a medium to high heat. Add shrimp and cook for 2-3 minutes each side.
4. In a separate bowl, mash the avocado, add the lemon/lime juice, green onion, cilantro, pinch of cayenne, and sea salt and mix together.
5. Assemble avocado on top of cucumber and shrimp on top.
6. Dress with cilantro and top with remoulade sauce.

### Remoulade Sauce

It can be store bought, or if making your own this is my recipe:

- 1 cup mayonnaise
- 2 tablespoons Dijon mustard
- 1 tablespoon fresh squeezed lemon juice
- 1 tablespoon flat leaf parsley finely chopped
- 1 tablespoon Louisiana style hot sauce
- 2 teaspoons whole grain mustard
- 2 teaspoon capers roughly chopped
- 2 garlic gloves minced
- 1 teaspoon Worcestershire sauce
- 1 teaspoon paprika (smoked or sweet works)
- 1 scallion/green onion finely chopped
- ¼ teaspoon sea salt
- 1/8 teaspoon cayenne pepper