

STARTER & SNACK

Shrimp on Flats

28 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
24 min	20 min	4 min	20	\$0.61	62 kcal

Welcome to a delightful culinary experience with our Shrimp on Flats, a perfect appetizer that promises to elevate any gathering! This dish features succulent shrimp paired with a vibrant herb sauce, all served atop crispy slices of French baguette. With its fresh flavors and enticing presentation,...

Ingredients

☐ 8½ oz French bread baguette, cut into 1/4-inch-thick slices	☐ 2 tablespoons capers, drained
☐ 1 tablespoon extra virgin olive oil	☐ 2 teaspoons extra virgin olive oil
☐ 3 tablespoons chopped fresh chives	☐ ¼ cup loosely packed fresh flat-leaf parsley
☐ ¼ cup finely chopped fresh tarragon	☐ 1 tablespoon fresh lime juice, divided
☐ ¼ cup plain low-fat yogurt	☐ 1 teaspoon freshly ground pepper
☐ 12 ounces unpeeled, large raw shrimp	☐ ¼ teaspoon salt
☐ ¼ cup fat-free sour cream	

EQUIPMENT Food processor, Bowl, Frying pan, Baking sheet, Oven, Blender

Method

- 1 Peel shrimp; devein, if desired. Stir together shrimp and 1 Tbsp. olive oil in large nonstick skillet; sprinkle with pepper and salt.
- 2 Cook shrimp over medium-high heat 1 1/2 to 2 minutes on each side or just until shrimp turn pink.

- 3 Remove shrimp to a large bowl, and toss with 1 tsp. lime juice. Cool completely (about 30 minutes). Finely chop shrimp.
- 4 Preheat oven to broil. Process parsley, sour cream, yogurt, and remaining 2 tsp. lime juice in a food processor or blender until parsley is finely chopped. Season parsley sauce with salt and pepper to taste.
- 5 Stir together shrimp, tarragon, and next 3 ingredients in large bowl.
- 6 Place 1 Tbsp. shrimp mixture on top of each slice of French bread, and place on a baking sheet.
- 7 Broil 5 inches from heat 4 to 5 minutes or until shrimp mixture is lightly browned.
- 8 Remove from oven, and drizzle with parsley sauce.
- 9 Serve immediately.
- 10 *1 Tbsp. finely chopped fresh thyme may be substituted.

Nutrition per serving

62 KCAL	4 g PROTEIN	2 g FAT	8 g CARBS
Saturated Fat			0.3 g · 2% of daily needs
Fibre			0.4 g · 2% of daily needs
Sugar			0.8 g · 1% of daily needs
Sodium			227 mg · 10% of daily needs
Cholesterol			21.9 mg · 7% of daily needs
Vitamin C			1.9 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-on-flats-146038