



Guédilles aux crevettes citronnées façon Nouvelle-Angleterre

avec salade aux pommes

Rapido

Durée de préparation : 30 min.



Qu'avez-vous pensé de cette recette ?
Scannez le QR code pour donner votre avis.

Retrouvez la recette complète et les détails de préparation en ligne.
<https://hfresh.cottey.fr/fr-CA/recipes/guedilles-aux-crevettes-citronnees-facon-nouvelle-angleterre-19>

Détachez-moi ! _____

Avant d'enfiler le tablier

Planifiez votre recette en vérifiant les dates limites de consommation. Rincez les produits frais et préparez les quantités indiquées ci-dessous.

Utensils

Aucun ustensile particulier

Ingrédients pour 1-6 personnes

Ingrédient	2p	4p	6p
Crevettes (g)	285	570	855
Pain à sandwich (unit(s))	2	4	6
Céleri (unit(s))	3	6	9
Aneth (g)	7	14	21
Moutarde de Dijon (tbsp)	½	1	1½
Mayonnaise (tbsp)	4	8	12
Citron (unit(s))	1	1	3
Pomme Gala (unit(s))	1	2	3
Mélange printanier (g)	56	113	168
Poudre d'ail (g)	2	4	6
Poivre au citron (g)	6	12	18
Huile (tbsp)	1½	3	
Beurre (tbsp)	2	4	
Sel (tsp)	0,13	¼	
Sucre (tsp)	½	1	
Poivre (tsp)	0,13	¼	

À ajouter vous-même

Sel, poivre, huile et eau selon le goût.

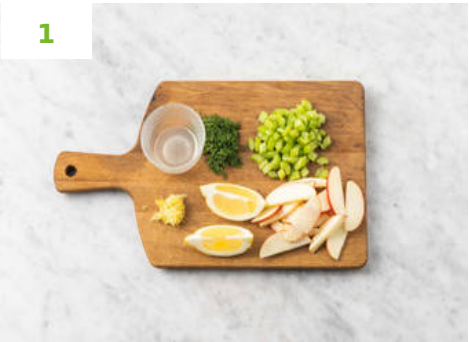
Valeurs nutritionnelles

Par portion	Quantité
Calories	770 kcal
Fat	46 g
Saturated Fat	11 g
Carbohydrate	63 g
Sugar	10 g
Dietary Fiber	6 g
Protein	29 g
Cholesterol	230 mg
Sodium	1940 mg
Trans Fat	0.5 g
Potassium	550 mg
Calcium	150 mg
Iron	4.5 mg

Allergens

Crevettes, Blé, Soya, Sulfites, Peut contenir des traces d'allergènes, Oeuf, Gluten, Lait, Noix, Arachides, Sésame, Poisson, Crustacés, Orge, Triticale, Moutarde

Vérifiez toujours les informations concernant les allergènes sur les étiquettes.



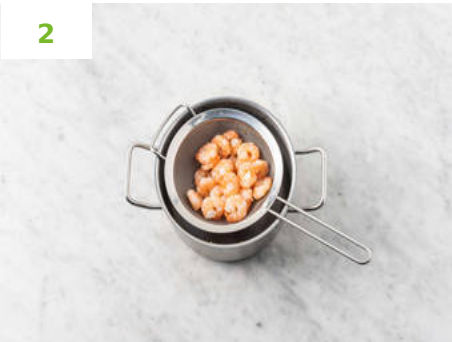
Prep

- Before starting, preheat the oven to 450°F. Wash and dry all produce.
- Remove 2 tbsp (4 tbsp) butter from the fridge and set aside to come up to room temperature.
- To a medium pot, add 6 cups water, half the Lemon-Pepper Seasoning and 2 tsp salt (use same for 4 servings). Cover and bring to a boil over high.
- Meanwhile, halve celery lengthwise, then cut into 1/4-inch pieces.
- Roughly chop dill.
- Zest, then juice half the lemon (whole lemon for 4 servings). Cut any remaining lemon into wedges.
- Core, then cut apple into 1/4-inch slices.



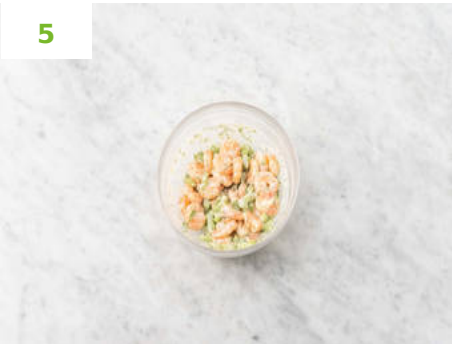
Toast buns

- Split buns in half lengthwise, leaving the centre intact.
- Open up buns like a book. Spread softened butter on cut sides.
- Arrange buns on an unlined baking sheet, cut-sides up.
- Toast in the middle of the oven for 3-4 min, until golden. (TIP: Keep an eye on them so they don't burn.)



Cook shrimp

- Using a strainer, drain and rinse shrimp.
- Add shrimp to the boiling water. Cook for 2-3 min, until shrimp just turn pink.**
- Using a clean strainer, drain shrimp, then run cold water over shrimp until cool. (TIP: Plunge shrimp into ice water for faster results.)
- Pat shrimp dry with paper towels.



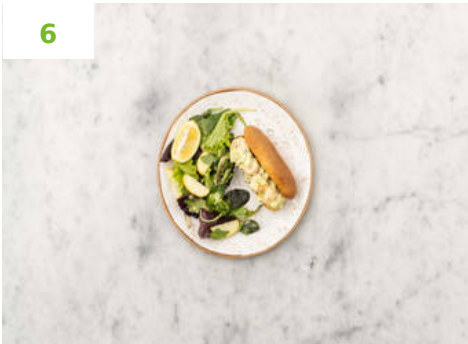
Make shrimp filling

- Meanwhile, to another large bowl, add shrimp, celery, mayo, Dijon, lemon zest, 1/4 tsp (1/2 tsp) sugar, 1/2 tsp (1 tsp) lemon juice, garlic powder, remaining Lemon-Pepper Seasoning and dill.
- Season with salt and pepper, then toss to combine.



Make vinaigrette

- Meanwhile, in a large bowl, add 1/2 tbsp (1 tbsp) lemon juice, 1/4 tsp (1/2 tsp) sugar and 1 1/2 tbsp (3 tbsp) oil.
- Season with salt and pepper, then whisk to combine.
- Add apples, then toss to coat. Set aside.



Finish and serve

- To the bowl with vinaigrette and apples, add spring mix. Toss to coat.
- Divide salad between plates.
- Spoon shrimp filling into buns and serve alongside.
- Squeeze a lemon wedge over top, if you like.

Bon appétit !