Stuffed Shrimp Appetizer with Pomegranate Glaze

Description

Stuffed shrimp with a ground chicken filling is prepared with savory spices and a tangy pomegranate glaze drizzled over the top.This dish makes a great appetizer but we enjoy as a main dish. Light in calories too.

Summary

Yield: 12
Source: Cooking Light
Prep Time: 1 hour
Category: Appetizers
Cuisine: Hungarian

Ingredients

Shrimp

- 24 jumbo shrimp, about 1 1/2 pounds, unpeeled
- 3/4 lb boneless chicken, skinless
- 2 cloves garlic, minced
- 1/3 cup onion, chopped
- 1 tbsp fresh cilantro, chopped
- 1 tsp fresh mint, chopped
- 2 tsps tomato paste
- 1/4 tsp fresh ginger, grated
- 1 tbsp sweet hungarian paprika
- 1 tsp cumin, ground
- 1 tsp coriander, ground
- 1/2 tsp turmeric, ground
- 3/4 tsp sea salt
- 1/2 tsp fresh ground black pepper
- 1/4 tsp ground red pepper

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- 8 sprigs fresh cilantro, for garnish (optional)

Pomegranate Glaze
- 3 tbsps pomegranate molasses
- 1/3 cup fresh lemon juice
- 1 1/2 tsps lemon rind, grated
- 3 tbsps olive oil
- 1 clove garlic, minced
- 1/4 tsp kosher salt
- 1/4 tsp fresh ground black pepper

Instructions

Pomegranate Glaze

In a small mixing bowl, combine the pomegranate molasses, lemon juice, olive oil, minced garlic, grated lemon rind, salt and pepper. Stir with a whisk. Remove 2 tablespoons of sauce and set aside. Reserve the remaining sauce for dipping.

Stuffed Shrimp

Preheat oven to 425°. Peel and devein shrimp, leaving tails intact.

Blanch the chopped onion in boiling water for 2 minutes or until

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tender. Drain and rinse with cold water. Place onion in a large mixing bowl.

Place chicken breast meat in a food process, pulse until coarsely chopped. Add the chopped chicken breast to the mixing bowl.

Add the paprika, chopped cilantro, chopped mint, tomato paste, cumin, coriander, turmeric, grated ginger, salt, black pepper, red pepper and minced garlic to the mixing bowl. Stir ingredients and mix thoroughly.

Coat a baking sheet with cooking spray and place the shrimp in a single layer on the baking sheet. Arrange the shrimp on their sides so that each forms a "C" shape. Spoon a full tablespoon of chicken mixture into the center of each shrimp. Gently press the chicken mixture until it touches the sides of the shrimp.

Brush each shrimp with the pomegranate glaze (2 tablespoons reserved for cooking the shrimp). Bake at 425° for ten minutes or until shrimp are done and chicken stuffing is firm.

Serve with remaining 1/2 cup of pomegranate sauce for dipping. Garnish with sprigs of fresh cilantro (optional).