

Carb Free Cucumber Canapes

Servings: 6

Prep Time: 5min

Cook Time: 0



Ingredients

- 2 cucumbers
- 230 g low fat cream cheese
- Small handful fresh chives
- Zest of 1 lemon
- Salt and freshly ground black pepper
- 200 g smoked salmon
- Few sprigs of dill; for garnish
- 250 g smoked chicken breast; finely shredded
- 2 tbsp. (30 ml) mayonnaise
- 1 tbsp. (15 ml) plain yoghurt
- Small handful fresh parsley; finely chopped
- Pinch of smoked paprika; for garnish

Directions

1. Mix together the cream cheese, chives and lemon zest and season with salt and freshly ground pepper.
2. Slice the cucumbers into 1 cm thick rounds and place onto a serving platter.
3. Spoon or pipe a little cream cheese mixture onto some of the cucumber rounds and top with a smoked salmon rosette.
4. Garnish with a sprig of dill and a grinding of black pepper.
5. Place the shredded smoked chicken, mayonnaise, yoghurt and parsley into a bowl and mix well until thoroughly coated.
6. Season with salt and pepper and add some more mayonnaise if need be.
7. Place a spoonful of smoked chicken mayonnaise onto the cucumber rounds and garnish with a little smoked paprika.