

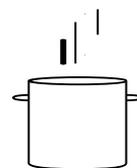


Gizzi Erskine's Hawaiian Coconut Shrimp and Mango Salsa

I've taken inspiration from a recent trip to Hawaii for these coconut shrimp. Hawaii has a really interesting food scene which has loads of influence from Asia. The combination of coconut flour and desiccated coconut make the perfect crunchy batter for these little guys. What's more, by happy accident this means they are really low in carbs and light, so no guilt! These work great as a starter or as finger food for a party. The spicy, sweet but sour notes of the dipping sauce cut through mellow coconut - zingy, fresh and seriously moreish!



25



5



4

Ingredients

Prawns:

24 king prawns, peeled, deveined and butterflied

100g seasoned The Groovy Food Company Organic Coconut Flour

250g desiccated coconut

2 eggs, whisked

Salsa:

½ ripe but firm mango, cut into fine dice

½ bunch of coriander finely chopped

Directions

1. Once you have peeled, deveined and butterflied your prawns, set out the flour, desiccated coconut and egg in three separate bowls.
2. Take a prawn and coat it in the flour first, followed by the egg and lastly coat it with the coconut. Repeat until all the prawns are coated.
3. Next make your salsa. Simply mix together the mango, coriander, lime juice, fish sauce, coconut sugar and chill in a bowl and set aside.
4. When you are ready to cook, heat enough organic virgin coconut oil in a frying pan, over a medium heat, so that there is a 1cm thick layer of melted oil in the pan.

juice of 3 limes

4 tbsp fish sauce

1 large tbsp The Groovy Food Company Organic
Coconut Sugar

1 red Thai chilli, finely chopped (de-seeding optional)

5. Fry your prawns in batches of 4-5 for a couple of minutes on each side until they are nice and golden.
6. Place on some kitchen paper to drain excess oil once cooked.
7. Sprinkle with a little salt to finish and serve immediately. Dip the prawns into the salsa and try not to be too greedy!