

RECIPE OF THE WEEK: PALEO EDITION

Coconut Shrimp

Appeared in AST Newsletter 8.24.12

Ingredients:

1 lb of tail-on shrimp (tail off will work too, they just look fancier with tail on)
1 cup finely shredded unsweetened coconut
1 cup almond flour
2 eggs
1 tsp each of garlic powder, salt and pepper
1-2 cups of coconut oil (or tallow or lard) for frying
1 Tbsp sea salt
optional: 2 Tbsp honey

Instructions:

1. In a large skillet, heat the coconut oil until hot enough to fry
2. Wash, de-vein and peel shrimp (leave tails on) or you can buy them this way
3. Beat the eggs with about a teaspoon of water and the garlic powder, salt and pepper until smooth
4. Mix the shredded coconut and almond flour
5. Dip each shrimp into the egg and then into the almond flour/coconut until well coated and quickly place into pan of oil.
6. Cook approximately 3 mins per side and don't touch at all between flipping them
7. When done, remove and sprinkle with salt

Sauce Options:

1. Fresh pineapple, the cream from the top of the coconut milk, and a little honey to make a pina colada dipping sauce OR
2. Blend fresh mango with a splash of vinegar and some olive oil for a mango sauce

Compliments of *wellnessmama.com*

