

# HEALTHY COOKING

## ▶ COCONUT PRAWNS



SERVES 4

### INGREDIENTS

- ▶ 400g prawns, peeled & deveined
- ▶ 1 large egg, lightly beaten
- ▶ 3/4 cup unsweetened dried shredded coconut
- ▶ 3/4 tsp salt
- ▶ 1/2 tsp ground black pepper
- ▶ 2 Tbs coconut oil

Beat the egg in a small bowl with 2 teaspoons water. In another bowl combine the coconut, salt and black pepper. Preheat a pan over medium-high heat and add 1 tablespoon of oil. Dip each prawn into the egg and then into the coconut mixture, set into the pan once the oil begins to shimmer.

Repeat for each prawn until the pan has about 10 prawns with about 1cm space between each one. Cook for about 3 minutes each side until the coconut starts to brown and the prawns begins to curl up and turn pink. Flip over and cook an additional 3 minutes adding more oil if necessary. Transfer to a plate with a paper towel and then repeat for the remaining prawns until all are cooked.

Serve with a side salad (not included in analysis).

**Each serving:**

**Protein: 25.7g | Carbohydrate: 1.0g**

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