



Pan-Fried Paleo Coconut Shrimp (AIP)

Active Time: 20 minutes | Total Time: 30 minutes | Serves: 8

Nutrition Information Per Serving

417.1 calories, 16.44 g carbohydrate, 5.03 g fiber, 11.41 g NET carbs, 25.47 g protein, 29.29 g fat

Ingredients

- 8 Tbsp(s) Bob's Red Mill Tapioca Flour
- 2 cup(s) organic unsweetened shredded coconut
- 1/2 tsp(s) sea salt
- 3 Tbsp(s) coconut oil
- 2 whole(s) limes, sliced
- 2 pound(s) large wild shrimp, deveined and shelled
- 2/3 cup(s) coconut milk (full fat required)

Preparation

1. Shell and devein the shrimp. Prepare a broiler pan or a baking sheet with a wire rack for the finished shrimp. Preheat oven or toaster oven to 300 F.
2. In a small bowl, combine tapioca flour, shredded coconut and salt. In another small bowl, whisk the coconut milk.
3. Melt the coconut oil in a heavy-bottomed pan (preferably cast iron or enamel) over medium heat.
4. Using one hand, dredge the shrimp in the coconut milk. Using the other hand, dredge the shrimp in the coconut mixture. Gently place in pan, keeping ample space between shrimp. Change the frying oil halfway through cooking, if necessary.
5. Pan fry for 2 minutes on the first side or until golden brown. Flip with tongs and cook another 2 minutes or until shrimp are firm to the touch and opaque inside.
6. Transfer finished shrimp to prepared baking sheet and transfer to the oven to keep warm. Serve with lime wedges.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.