



## Pan-Fried Keto Coconut Shrimp

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

### Nutrition Information Per Serving

383.2 calories, 11.49 g carbohydrate, 7.06 g fiber, 4.43 g NET carbs, 21.79 g protein, 28.78 g fat

#### Ingredients

- 8 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 1 1/2 pound(s) large wild shrimp, deveined and shelled
- 2 cup(s) organic unsweetened shredded coconut
- 2 large(s) pastured eggs
- 1/2 tsp(s) sea salt
- 4 Tbsp(s) coconut oil

#### 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 coconut flour, shredded coconut and salt. In another small bowl, whisk the egg.
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 egg. 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 Low Carb Sweet Chili Dipping Sauce.

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