

# Coconut Prawns with Spicy Mango Salsa

Adapted from Recipe tin Eats

Serves: 1  
Prep time: 20 min.  
Cooking time: 3-5 min.

## Ingredients:

- 8-10 medium green prawns
- cracked rock salt
- cracked black pepper
- 1 egg
- 2 tbsp of panko breadcrumbs
- 3 tbsp of desiccated coconut

## oil for shallow frying

- 1 Tbsp coconut oil and 1Tbsp vegetable oil

## Mango Salsa

- ½ mango fresh or frozen (approx. ½ cup)
- 1 tablespoon of coriander/cilantro,
- ½ tablespoon fish sauce
- \*½ + ½ tablespoons, small red onion (**reserve ½ tbsp.**)
- ½ tablespoon Sriracha (hot chilli sauce)
- ½ red chilli (**reserve pinch to garnish**)
- 1 tablespoon coconut cream

## Method:

### Make mango salsa

- Blend all ingredients **\*except the reserved onion and chilli\***, to a smooth consistency
- Place in serving bowl, sprinkle with the garnish, stir slightly and add a squeeze of lime, then place coriander/cilantro leaves on top

### Prawns/shrimp

- Peel and devein prawns/shrimp leaving the tail intact. Sprinkle the prawns/shrimp with cracked salt and pepper and stand aside
- Beat egg in a small bowl
- Add Panko breadcrumbs and coconut to a ziplock bag, shake to combine
- Dip the prawns/shrimp into the egg mixture, then place into the coconut/breadcrumb mixture, squeeze the mixture slightly onto each prawn/shrimp to coat well, shake off excess crumbs. Lay prawns separately on a plate, cover with cling wrap and refrigerate till ready to use.
- **Heat oils in heavy pan over medium-high heat (if too high it will burn the crumbs)**
- Cook prawns/shrimp until golden each side, (approx. 1-2 minute depending on size) do not over cook prawns as it will make them tough, drain prawns on paper towel, serve with mango salsa.

**Note:** Coconut oil adds extra flavour to the prawns.  
This Salsa is also great with chicken or pork.

*This recipe has become one of my favourites, it may look like a lot of work, but believe me it will be well worth the effort.*



## Garnish:

- 1 tablespoon kaffir lime leaf, finely chopped
- 1 tablespoon mint, finely chopped
- ½ tablespoon **reserved** chopped onion
- **reserved** red chilli
- coriander leaves
- add a squeeze of lime juice
- Mix all the above together, then just before serving give it a final chop, then sprinkle over the top of garnish with coriander leaves