



Recipes

Fish

Coconut Shrimp

Prep Time: 15 minutes

Yield: 2 servings

Ingredients:

1/2 lb. medium sized shrimp, peeled and deveined
2 tablespoons fresh lemon juice
3 tablespoons low-sodium chicken or vegetable broth
2 medium garlic cloves
1/4 teaspoon red pepper flakes
2 tablespoons raw coconut flakes
1 tablespoon minced fresh ginger
1 tablespoon coconut oil
Sea salt and pepper to taste

Directions:

1. Chop garlic.
2. Rub shrimp with 2 tablespoons lemon juice, sea salt and pepper.
3. Heat 3 tablespoons broth over medium-low heat in a stainless steel skillet.
4. When broth begins to steam, add shrimp, red pepper flakes and ginger. Stir frequently.
5. Turn shrimp over after 2 minutes and add garlic.
6. Sprinkle with coconut flakes and sauté for about 3 minutes in coconut oil until shrimp are pink and opaque.
7. Enjoy!