



Mann's Spicy Thai Nourish Bowl with Coconut Crusted Shrimp

Servings

2

Calories

390

Prep Time

15 minutes

Total Time

25 minutes

Skill Level

Medium

Ingredients

1 Mann's Spicy Thai Nourish Bowl

4 ounces colossal shrimp (about 6), peeled and deveined

1 egg

2 tablespoons chicken broth

$\frac{2}{3}$ cup shredded coconut

1 tablespoon olive oil or coconut oil for extra coconut flavor

lemon wedge, optional



The Method

Blot the washed shrimp with a paper towel until completely dry.

In a bowl, beat the egg and then add the chicken broth. Whisk to combine. Spread the shredded coconut out on a plate. Dip one shrimp into the egg wash broth, then roll in coconut until evenly coated. Repeat until all shrimp are coated.

Add the oil to a hot frying pan over medium heat. Gently place each shrimp in the pan and cook for 2 to 5 minutes. Flip and cook until the coconut is golden brown.

Prepare Mann's Spicy Thai Nourish Bowl according to package directions, top with coconut shrimp, and splash with lemon juice. Enjoy!

Nutrition Facts

Serving Size: 270g | Servings: 2

Amount Per Serving

Calories 390 | Total Fat 26g (sat fat 15g trans 0g) | Cholesterol 155mg | Sodium 580mg | Total Carbohydrate 29g | Dietary Fiber 5g | Sugars 20g | Protein 15g | Vitamin A 40% | Calcium 10% | Iron 10% | Vitamin 110%