

Baked coconut prawns with tangelo salsa



A sweet-and-sour tangelo salsa complements the toasty coconut crust on these sassy little coconut prawns.

Serve as a plated first course with the tangelo salsa or as hors d'oeuvres. Be sure to use unsweetened shredded coconut or this baked coconut shrimp recipe will be too sweet.

Ingredients (serves 6)

- 2 cups chopped, peeled tangelos or tangerines
- 2/3 cup chopped red [capsicum](#)
- 1/4 cup chopped fresh coriander
- 1 spring onion, chopped
- 2 tsp fresh red chilli, or more to taste
- 1 tspn sea salt, divided
- 2 large free-range eggs
- 1/3 cup coconut flour
- 1 1/2 tsp paprika
- 1 clove garlic, minced
- 1 1/4 cups unsweetened shredded coconut
- 500 g raw [prawns](#)

Method

Baked coconut prawns with tangelo salsa

Preheat oven to 200°C. Coat a large baking sheet with olive oil cooking spray.

Combine tangelos (or tangerines), capsicum, coriander, spring onion, chilli and half a teaspoon of salt in a food processor or blender. Pulse to form a chunky salsa. Set aside.

Beat eggs in a small dish. Whisk flour, paprika and garlic in another small dish. Combine coconut and the remaining half a teaspoon of salt in a third dish.

Peel prawns, leaving the tails on. Butterfly the prawn by cutting halfway through the back, stopping at the tail so they will stand tail up. Dredge the shrimp in the flour mixture. Dip in the egg and then coat with coconut, leaving the tail uncoated. Stand the shrimp tail-up on the prepared baking sheet. Discard any unused dipping mixtures.

Bake the prawns until cooked through and the coating is starting to brown, 10 to 12 minutes. Serve the shrimp with the salsa.

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