

COCOMUT SHRIMP WITH MANGO SAUCE

INGREDIENTS

- 1 1/2 lbs unpeeled, large raw shrimp
- Vegetable cooking spray
- 2 egg whites
- 1/4 cup cornstarch
- 1 tablespoon Caribbean jerk seasoning
- 1 cup sweetened flaked coconut
- 1 cup Japanese breadcrumbs (panko)
- 1 teaspoon paprika

Mango Sauce

- 1 1/4 cups chopped peeled ripe mango (about 1 large)
- 1 tablespoon fish sauce
- 1 1/2 teaspoons light brown sugar
- 1/2 teaspoon garlic powder
- 1 1/2 teaspoons chili garlic sauce
- 1 1/2 teaspoons fresh lime juice



DIRECTIONS

1. Place a wire rack coated with cooking spray in a 15- x 10-inch jelly-roll pan.
2. Whisk egg whites just until foamy.
3. Stir together cornstarch and jerk seasoning in a shallow dish. Stir together coconut, Japanese breadcrumbs, and paprika in another shallow dish.
4. Dredge shrimp, 1 at a time, in cornstarch mixture; dip in egg whites, and dredge in coconut mixture, pressing gently with fingers. Lightly coat shrimp on each side with cooking spray; arrange shrimp on wire rack.
5. Bake at 425° for 10 to 12 minutes or just until shrimp turn pink, turning once after 8 minutes.
6. **Mango Sauce:** Place 1 1/4 cups chopped peeled ripe mango (about 1 large), 1 tablespoon fish sauce, 1 1/2 teaspoons light brown sugar, 1/2 teaspoon garlic powder, 1 1/2 teaspoons chili garlic sauce*, and 1 1/2 teaspoons fresh lime juice in a blender; process 30 seconds or until smooth. Spoon into a small serving bowl.