

# Tropical Coconut Crusted Jumbo Prawns

## with Mango Salsa

**hellóchef**

Best enjoyed under a palm tree!

Cals 911 • Prot 44 • Carbs 120 • Fat 30

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🕒 cook: 60 min

R3228





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Prawn	2 ppl	3 ppl	4 ppl	
Jumbo prawns <b>7*</b>	300	450	600	Grams
Organic Eggs <b>5*</b>	1	2	2	Piece
Soy sauce <b>9*, 10*, 11*</b>	20	30	40	ML
Panko bread crumbs <b>10*, 11*, 12*</b>	60	90	120	Grams
Desiccated coconut	50	75	100	Grams
Salt	0.5	1	1	Tsp
Plain flour <b>10*, 11*</b>	50	100	100	Grams
Garlic powder	2	2	4	Grams
Vegetable oil	1	1	2	Tbsp

Fries				
Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Lime	1	2	2	Piece
Flaky sea salt	2	2	4	Grams
Mayonnaise <b>5*, 9*, 13*</b>	50	75	100	Grams

Mango salsa				
Mango	1	1	1	Piece
Tomatoes	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Shallots	1	1	2	Piece
Salt	0.5	0.5	1	Tsp
Chilli flakes	2	2	2	Grams

Allergens

**\*7 Crustaceans, \*5 Eggs, \*9 Soya, \*10 Wheat, \*11 Gluten, \*12 Lupin, \*13 Mustard**  
Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3814 / 911
Fat (g)	29.9
of which saturates (g)	8.1
Carbohydrate (g)	120
of which sugars (g)	31.7
Fiber (g)	16.4
Protein (g)	43.7
Salt (g)	3.1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Start fries

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a drizzle of **vegetable oil**. Toss the **fries** in the **oil** until fully coated. Bake for 30 min.



2 Prep prawns

Meanwhile, drain the **prawns** on kitchen paper. Whisk the **eggs** in a shallow bowl with the **soy sauce**. In a separate bowl mix together the **panko bread crumbs** and shredded **coconut** with a pinch of **salt**. Add the **plain flour** and **garlic powder** to a third and final bowl.



3 Bread prawns

Add the **prawns** to the **flour**, before dipping them in the beaten **egg**. One by one, coat the **prawns** in the **bread crumbs**. Refrigerate.



4 Make mango salsa

Peel and finely chop the **mango** and **shallots**. Chop the **tomatoes** into small cubes. Finely chop the **coriander**. Add the **shallots, tomatoes, coriander, salt** and a pinch of **chilli flakes (spicy!)** to a bowl! (if cooking for 2, use half!).



5 Prep lime mayo and lime salt

Wash the **lime** thoroughly and grate its **zest** with a fine blade into a bowl, taking care to avoid its bitter white pith. Crush the **flaky salt** with your fingers into the **lime zest**. Halve the **lime** and juice half of it into a second bowl. Mix the **mayonnaise** into the **lime** juice.



6 Fry prawns

Heat a pan over a medium-high heat with a generous drizzle of **oil**. Once hot, carefully add the breaded **prawns** and cook for 2 min on both sides or until golden and crispy. Sprinkle the **fries** with the limey **salt**. Serve the **prawns** with the **limey-fries, mayonnaise** and **mango salsa** to the side.