



Creole Mango Shrimp with Okras and Plantains

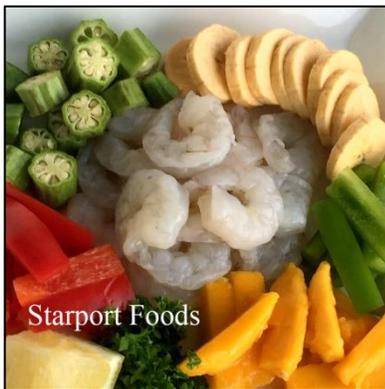


Ingredients Single Serving

- 3/8 C. **Spicy Mango Creole Sauce** (Starport 121 Gluten free)*
- 6 oz. Shrimp, shelled and deveined (31/40 count)
- 1 oz. Plantains, cut 1/8" rounds
- 1/4 C. **Crisp Seasoning Batter** (Starport354)
- 1/4 C. Water for batter
- 1.5 oz. Okras, cut 1/2" rounds, about 2
- 1.5 oz. Red bell peppers, 1"x1/2"
- 1.5 oz. Green bell peppers, 1"x1/2"
- 2 oz. Mango, strips
- 1Tbsp. Extra virgin olive oil
- 1/4 Lemon wedge for garnish
- 1 Tbsp. Parsley, chopped for garnish
- 1 tsp. Garlic, minced

*May be substituted with **Jamaican Jerk Sauce** (Starport 125 Gluten Free) or **Chipotle BBQ Sauce** (Starport 321 Gluten Free).

Instructions



1. Shell and devein prawn, rinse, drain and dry.
2. Cut plantain in half, slit peel lengthwise and remove peel then slice to 1/8" slices.
3. Trim ends of okras and cut in 1/2" rounds.
4. Mix 1/4 C. of water with 1/4 C. of **Crispy Seasoning Batter**, dip plantains into batter and deep fry at 350°F about 2 minutes and remove. Dip okras into batter and deep fry at 350°F about 2 minutes and remove. Set both aside. Plantain and okras may be fried the refrigerated for later use. Refry both at 350F for about 30 seconds just before adding to the finished sautéed prawn.
5. Heat a pan on medium heat, when pan is hot, add oil and garlic then shrimp, sauté for one minutes.
6. Add in bell peppers, and let them sear before stirring.
7. Continue to sauté another minute, then add in **Spicy Mango Creole Sauce**.
8. Quickly refry both plantain and okras about 30 seconds, shake off excess oil then toss with sautéed shrimp, garnish with parsley and lemon wedge and serve.