

# Coconut Chicken & Shrimp

*Susan Seymour - Valatie, NY  
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## Servings: 6

*1 cup all-purpose flour  
1 cup lime-flavored seltzer water  
1 teaspoon ground ginger  
1 teaspoon salt  
1 teaspoon pepper  
2 1/2 cups sweetened coconut flakes  
1 1/4 cups Panko bread crumbs  
1 pound uncooked shrimp (31 - 40),  
peeled and deveined  
2 (6 ounce ea) boneless/ skinless  
chicken breasts, cut into 3/4-inch  
cubes  
oil for deep-fat frying  
salt (to taste)  
pepper (to taste)  
Maui Mustard  
1 can (8 ounce) crushed pineapple,  
well drained  
1/2 cup red pepper jelly  
3 tablespoons stone-ground mustard*

## Preparation Time: 30 minutes

### Cook Time: 5 minutes

In a shallow bowl, whisk together the flour, seltzer water, ginger, salt and pepper. In another shallow bowl, combine the coconut and Panko. Dip the shrimp in the batter to coat. Dip in the coconut mixture, patting to help the coating adhere. Repeat with the chicken.

In an electric skillet or deep fryer, heat the oil to 350 degrees. Fry the shrimp, a few at a time, until golden brown, 3 to 4 minutes. Drain on paper towels. Repeat with the chicken. If desired, sprinkle lightly with salt and pepper.

For the mustard, mix together the pineapple, pepper jelly and stone-ground mustard.

Combine the shrimp and chicken. Serve with the Maui Mustard.

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Per Serving (excluding unknown items): 249 Calories; 10g Fat (35.9% calories from fat); 3g Protein; 38g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 435mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Fruit; 2 Fat.