



## African Coconut Shrimp

¼ cup coconut oil  
3 lb shrimp, peeled, deveined, with tails removed  
1 onion, finely chopped  
4 garlic cloves, minced  
3 sprigs parsley, finely chopped  
2 large tomatoes, chopped  
2 tsp. crushed red pepper  
2 tsp. cumin  
1 tsp. salt  
3 cups coconut milk  
Hot cooked rice

Heat coconut oil in heavy skillet over medium heat. Cook shrimp until pink. Remove from pan and set aside. In the same pan, sauté onion, garlic, and parsley for 2 to 3 minutes. Add tomatoes, crushed red pepper, cumin, and salt and cook until the mixture thickens slightly, stirring constantly. Reduce heat and add coconut milk and cooked shrimp. Cook and stir until shrimp is heated. Serve over rice. *Courtesy of Dr. Bruce Fife.*

***South Pacific Trading Company***  
***Life is short. Drink it in.***



15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523  
Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ [www.SouthPacificTrading.com](http://www.SouthPacificTrading.com)