

Coconut Soft Shell Crawfish with Pineapple Habanero Chutney

INGREDIENTS

- 1 lb (2 doz) Louisiana soft shell crawfish
- 2/3 c all-purpose flour
- 1/2 c cornstarch
- 1 large egg, beaten
- 2/3 c grated fresh coconut
- 1 c ice-cold soda water
- 1/2 tsp salt
- 1 1/2 Tbsp Cajun seasoning

Pineapple-Habanero Chutney:

- 1 Tbsp butter
- 1/2 c chopped onions
- Pinch salt
- 2 c small diced pineapple
- 1/2 c small diced red bell pepper
- 1 Tbsp minced habanero
- 1/2 c white vinegar
- 1/4 c sugar
- 1 1/2 tsp cornstarch
- 1 Tbsp water

DIRECTIONS

1. Preheat a fryer to 350 degrees F.
2. In a medium mixing bowl, combine the flour, cornstarch, egg, coconut and soda water. Mix well to make a smooth batter. Season with salt. Season the crawfish with 1 Tbsp of Cajun seasoning. Holding the tail of the crawfish, dip in the batter, coating completely and shaking off the excess. Fry the crawfish in batches until golden brown, about 4 to 6 minutes. Remove and drain on paper towels. Season with the remaining 1/2 Tbsp of Cajun seasoning.
3. To make the chutney: In a saucepan over medium heat, melt the butter. Add the onions. Season with salt and saute for 2 minutes. Add the pineapple, red bell pepper and habanero. Continue to saute until the pineapple is soft, about 7 minutes, stirring frequently. Add the vinegar and the sugar. Bring the mixture to a boil. In a small bowl combine the cornstarch and water and whisk until smooth. Stir the slurry into the pineapple mixture and return mixture to a boil. Continue to cook for 4 minutes, stirring constantly. Remove from the heat and cool completely. Store in an airtight container until ready to use.
4. To serve: Mound some of the Pineapple-Habanero Chutney in the center of each plate. Lay the crawfish around the chutney. Garnish with cilantro.



HEALTHY SWAPS

- Lower Fat: Use egg whites and omit butter in the chutney. Air-fry crawfish. 285 Calories.
- 3g Fat (3g Saturated fat, 0mg Cholesterol.) 1,200mg Sodium. 45g Carbohydrates (3g Fiber, 19g Total sugar.) 17g Protein.
- Lower Carbohydrate: This recipe is not recommended if a lower-carbohydrate meal is needed.
- Lower Sodium: Use salt substitute and salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No-Salt” to reduce sodium to 200mg.
- Dairy-free: Use vegan butter.
- Gluten-free: Use gluten-free flour and ensure Cajun seasoning is gluten-free.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
6 servings per container Serving size 4 Crawfish Calories per serving	430	Total Fat 21g	27%	Total Carbohydrate 45g	16%	
		Saturated Fat 5g	25%	Dietary Fiber 3g	11%	
		Trans Fat 0g		Total Sugars 19g		
		Cholesterol 35mg	12%	Includes 0g Added Sugars	0%	
		Sodium 1210mg	53%	Protein 17g	34%	
		Vitamin D 0mcg	0%	2%	• Iron 1mg	6%
		Potassium 210mg	4%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.