

Revised Crunchy Shrimp with Couscous and Ginger-Orange Sauce

Carolyn T's
Main Cookbook

Servings: 4

Author: Adapted from a recipe from Karen Tedesco, Webster Groves, MO

Source: Original recipe from Cooking Light website



Notes: Winner of a Cooking Light recipe contest from readers, adapted slightly by me.

Description:

1. To prepare sauce, in a small bowl combine the orange juice concentrate and stir in 1 tablespoon cilantro and next 7 ingredients (through red pepper); set aside.
2. Prepare couscous pre package instructions, substituting 3 T. orange juice concentrate for 3 T. of water called for and including butter. Fluff with a fork just before serving.
3. To prepare shrimp, combine shrimp and egg white in a bowl, tossing to coat. Combine panko, 3 tablespoons cilantro, 1/2 teaspoon ginger, and black pepper in a large zip-top plastic bag. Add shrimp to bag; seal and shake to coat. Do this JUST before you start to cook the shrimp.
4. Heat oil in a large nonstick skillet over medium-high heat; arrange shrimp in a single layer in pan. Cook 2 minutes on each side or until done. Don't overcook.
5. Divide hot couscous evenly among 4 plates; top evenly with chopped mint and shrimp; drizzle sauce over shrimp. Dig in!

SAUCE:

- 1/4 cup orange juice, frozen concentrate, defrosted
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons mayonnaise
- 1 1/2 tablespoons low-sodium chicken broth
- 1 teaspoon fresh ginger, grated
- 1 teaspoon fresh lime juice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon ground red pepper

COUSCOUS:

- 1 1/3 cups couscous, Near East brand box mix, with toasted pine nuts, including spice packet
- 1 1/8 cups water
- 1 1/2 tablespoons orange juice, frozen concentrate, defrosted
- 1 tablespoon unsalted butter

SHRIMP:

- 20 jumbo shrimp, peeled and deveined (about 3/4 pound)
- 1 large egg white, lightly beaten
- 1/2 cup panko
- 3 tablespoons chopped fresh cilantro
- 1/2 teaspoon fresh ginger, grated
- 1/8 teaspoon freshly ground black pepper
- 1 tablespoon canola oil
- 1 1/2 cups fresh mint, washed, trimmed, coarsely chopped

Serving Ideas: This is a one-dish meal - with the mint as your salad, couscous as the starch and shrimp as the protein.

Categories: Fish, Salads

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 447 Calories; 14g Fat (27.6% calories from fat); 18g Protein; 63g Carbohydrate; 6g Dietary Fiber; 63mg Cholesterol; 280mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat.

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