



# CS Panko Sesame Shrimp and Broccoli

**Source:** adapted from *GoodMorningAmerica*  
Bob and Robin Young *The Captains Shack*  
26 Jan 2022    **PDF:** CS-Panko-Shrimp.pdf  
**Prep:** 15 min                    **Cook:** 16 min

**Total:** 31 min                    **Serves:** 5

## Ingredients:

1 lbs large raw Shrimp tails-off peeled and deveined (about 20)  
Salt and pepper to taste  
1/4 c All Purpose Flour  
1 lg Egg  
5 drops Sriracha. Or to taste  
1 T Honey  
1/2 c Panko Breadcrumbs  
1/4 c toasted Sesame Seeds  
1 t fresh grated Ginger  
4 cloves Garlic, diced  
2 T Avocado Oil  
1 t toasted Sesame Seed Oil  
1 sm head Broccoli cut into florets  
Lemon slices for serving

## Directions:

Pat shrimp dry with a paper towel and season with salt and pepper.

Place the flour in a small bowl. Whisk the egg with sriracha and honey in another bowl. Combine panko breadcrumbs, toasted sesame seeds and ginger in a third bowl. Dip the shrimp in the flour, shaking off excess, then into the egg mixture, then in the panko sesame mixture.

Heat a nonstick skillet over medium-high heat. Add 1 tablespoon avocado oil and 1/2 teaspoon toasted sesame seed oil. Place half the shrimp in the skillet and cook until opaque, 4-5 minutes per side. Remove from pan and cook the remaining shrimp with the remaining avocado oil and toasted sesame seed oil; set aside keeping warm.

In the same skillet, add the broccoli and cook until lightly browned, 2-3 minutes. Add water to deglaze the pan if needed, and continue cooking broccoli until crisp tender, 2-3 more minutes.

Serve the sesame shrimp with the broccoli immediately.