



## Prawns Saganaki

Prawn saganaki, or garides me Feta as it's sometimes called in Greek, is a popular taverna dish in seafood-loving Greece. The saganaki is a two-handled copper baking dish in which the prawns are often cooked and served.

**Serves 4 or more as part of a mezze**



### INGREDIENTS

- ¼ cup extra virgin olive oil (60ml)
- 1 red onion, finely diced
- Salt flakes, to taste
- 2 cloves garlic, crushed
- Pinch dried chilli flakes, to taste
- ¼ teaspoon dried Greek oregano (rigani), or more to taste
- 400g (14oz) crushed canned Italian tomatoes (polpa)
- 500g medium-sized green prawns, peeled and deveined (1lb)
- About 2 teaspoons finely sliced flat-leaf parsley leaves
- 100g Feta (3½oz)
- Crusty bread, for serving

### METHOD

1. Preheat oven to 200°C (400°F).
2. Place oil and onion in an ovenproof frying pan over low heat with a good pinch of salt and cook, covered for 15 minutes or so, until tender.
3. Add garlic, chilli and oregano and stir for another minute or so, until garlic is aromatic.
4. Add tomato, bring to the boil, reduce heat and simmer for 5 minutes.
5. Meanwhile, slice prawns in half lengthways and remove any remaining digestive tract.
6. Arrange prawns in the sauce and place in oven for 5 minutes.
7. Remove pan from oven and turn the overhead grill on high.
8. Crumble feta over the prawns and return pan to the oven for a few minutes until cheese has softened.
9. Sprinkle with parsley and serve warm or at room temperature with plenty of bread to mop up the sauce.