

Be Inspired By Cobestal

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.