

The Traveling Kitchen

BAKED PRAWNS WITH FETA AND TOMATO SAUCE

Serves 4 (or 6 as a starter)

1/4 cup of olive oil

1/2 cup of finely chopped onion

1/2 teaspoon of red chili flakes

3 garlic cloves, minced

700g medium prawns, peeled and de-veined

400g tin of chopped tomatoes

2/3 cup of feta, crumbled

1/4 cup chopped fresh parsley

- Preheat the oven to 400 F/200 C
- In a large pan, over a medium heat, cook the onion for 5 minutes or until soft.
- Add the garlic and chili flakes and cook for 30 seconds. Then add the prawns and cook for a further 2 minutes until they start to get firm.
- Add the tomato and season with salt and pepper. Cook for 2 minutes then transfer to a baking dish or individual gratin dishes.
- Put the dish/dishes into the oven and bake for 10 minutes until sauce has thickened. Sprinkle with the feta cheese and bake for 3 minutes more.
- Sprinkle with parsley and serve with thick crusty bread.