



Everything
But The Chef

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Prawn Saganaki

This winning combination of succulent prawns baked in a rich and spicy tomato sauce, sprinkled with feta cheese and served with crusty rolls is a HelloFresh favourite. We've snuck fennel into this classic Greek dish, to up your veg intake and add a subtle sweetness.



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 1



seafood
first



2
pantry
items



Brown Onion



Garlic



Diced Tomatoes



Birdseye Chilli



Fennel



Fetta



Prawns



Parsley



Bread Roll

2P	4P	Ingredients	
1 tbs	2 tbs	olive oil *	
½	1	brown onion, thinly sliced	⊕
1	2	fennel, finely sliced	
1	2	garlic clove, peeled & crushed	⊕
1	2	birdseye chilli, deseeded & finely chopped	
1 tin	2 tins	diced tomatoes	
100 ml	200 ml	white wine *	
1/2 block	1 block	fetta, crumbled	⊕
200 g	400 g	prawns, rinsed	
2	4	bread rolls	
Garnish		chopped parsley	A ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2470	Kj
Protein	35.6	g
Fat, total	29.4	g
-saturated	7	g
Carbohydrate	31.5	g
-sugars	12.4	g
Sodium	1040	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **220°C/200°C** fan-forced.

2 Heat a large saucepan with the **olive oil** over a medium-high heat and sauté the **onion, fennel, garlic** and **chilli** for **5 minutes**, or until onion softens. Add the **tomatoes** and cook for a further **5 minutes**. Add the **white wine** and season with **salt** and **pepper**. Leave to simmer gently for **8-10 minutes** or until the sauce thickens.



3 Transfer the sauce to a baking dish, crumble over the **fetta**, and push the **prawns** into the mixture. Bake the prawn saganaki for approximately **10 minutes** or until the prawns are cooked through. Place the **bread rolls** in the oven for **5 minutes** or until warm and crusty.

4 Divide the prawn saganaki between bowls, serve with a bread roll and sprinkle with fresh **parsley**.



Did you know? The word “saganaki” actually means “little frying pan.”