



Everything But The Chef

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Prawn Saganaki

Saganaki comes from the name of the small frying pan used to prepare the recipe in. There are a huge variety of Greek dishes that use the saganaki pan. This is one of our favourites! This fresh prawn version with delicious melt-in-your-mouth fetta is the perfect summer seafood dish. We've paired it with buttery parsley couscous, but if you can't bear to waste any sauce, grab a slice of bread to mop everything up with!



Prep: 10 mins



Cook: 30 mins



Total: 40 mins

seafood first



level 1



high protein

Pantry Items



Olive Oil



White Wine



Boiling Water



Butter



Brown Onion



Garlic



Birdseye Chili



Diced Tomatoes



Prawns



Couscous



Fetta Cheese



Parsley

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
½	1	brown onion, thinly sliced
1 clove	2 cloves	garlic, peeled & crushed
1	2	birdseye chilli, deseeded & finely chopped
1 tin	2 tins	diced tomatoes
2 tbs	4 tbs	white wine, optional *
250 g	500 g	prawns
½ cup	1 cup	couscous
½ block	1 block	fetta cheese, crumbled
½ cup	1 cup	boiling water *
1 tsp	2 tsp	butter, melted *
½ bunch	1 bunch	parsley, finely chopped

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2200	Kj
Protein	35.8	g
Fat, total	15.6	g
-saturated	6	g
Carbohydrate	55.9	g
-sugars	7.3	g
Sodium	643	mg

Measuretool

0 cm	1 cm	2 cm

2a



You will need: *chef's knife, chopping board, garlic crusher, small saucepan, small baking dish, medium bowl, cling wrap, and a fork.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Heat the **olive oil** in a small saucepan over a medium-high heat. Add the **brown onion** and cook for **3 minutes** or until soft. Add the **birdseye chilli** and **garlic** and cook for a further **2 minutes**. Add the **diced tomatoes, white wine** and **salt** and **pepper**. Bring to the boil and then reduce to a simmer. Simmer gently for **8-10 minutes** or until the sauce thickens slightly.

2b



3 Transfer the sauce to a small baking dish and push the **prawns** into the sauce. Crumble the **fetta cheese** on top and cook in the oven for **10-12 minutes** or until the prawns are cooked through and the fetta cheese begins to turn golden.

4 Meanwhile, place the **couscous** and **boiling water** in a medium bowl. Cover with cling wrap and set aside for **5 minutes**. Stir through the **butter**. Fluff with a fork and season to taste with salt and pepper. Stir through half of the **parsley**.

3a



5 Garnish the prawn saganaki with the remaining parsley and serve with the couscous.

3b



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