

# Prawn Saganaki

This is a delicious Greek dish with prawns cooked in a tomato sauce topped with creamy feta. Full of protein, fibre and healthy fats.



## Ingredients

- 200g frozen prawns (defrosted)
- 1 tbsp olive oil
- 2 garlic cloves (minced or finely sliced)
- 1 red onion (sliced)
- 2 peppers (sliced)
- A few handfuls of spinach
- 5-6 sun dried tomatoes (chopped)
- 50g olives
- 100g feta
- 1 tbsp oregano
- ½ - 1 tsp chilli flakes
- 1 carton of tomato passata (500g)
- Fresh herbs e.g. parsley, basil, mint (chopped)



Serves :

Nutrition per serving:

Calories : 420

Protein: 38g

Carbs: 21g

Fat: 19g

Fibre : 4g

## Method

- \*Heat up the olive oil in a large frying pan and add the onion, peppers and garlic.
- \*Once softened add the passata, oregano, chilli flakes, sun dried tomatoes and olives, cooking down for about 20 minutes.
- \*Add the prawns and spinach, cooking them for another 4 - 5 minutes in the sauce (meanwhile, heat the grill up).
- \*Once the grill is hot, crumble the feta on the top and grill for 5-7 minutes until it is browned to your liking.
- \*Top with any fresh herbs.

## Recipe Notes

Swap the prawns for chicken or even chickpeas or butter beans to make it vegetarian, use any veggies you have and you can use chopped tomatoes rather than passata.

Serve with a large salad and / or basmati rice.