

Prawns in tomato & feta sauce with risoni



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Preparation: about 20 minutes

Cooking: about 25 minutes **Serves:** 4

- 250g dried risoni pasta
- 2 tbs olive oil
- 1 medium brown onion, finely chopped
- 2 garlic cloves, crushed
- 750g mini Roma or cherry tomatoes, halved
- 1/2 tsp sugar
- 1/2 cup fish or chicken stock
- 1 kg green king prawns, peeled (tail intact) and deveined
- 2 tbs oregano leaves
- 100g Greek feta cheese, diced
- Salt and ground black pepper
- 1/3 cup flat-leaf parsley, roughly chopped

1. Cook risoni in a medium saucepan of boiling water, following packet directions, until al dente. Drain and keep warm.
2. Meanwhile, heat oil in a large frying pan over medium heat. Add onion and garlic and cook, stirring often, for 4–5 minutes until tender.
3. Add tomatoes and cook, stirring often, for 3 minutes. Sprinkle with sugar. Stir in stock and bring to the boil. Add prawns and oregano, cover and cook, stirring occasionally, for 2–3 minutes until prawns are pink and almost cooked through.
4. Sprinkle with feta. Season with salt and pepper to taste. Stir through parsley and serve with risoni.



Tomatoes

- The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.
- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance any adverse effects of the sodium in salt.

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