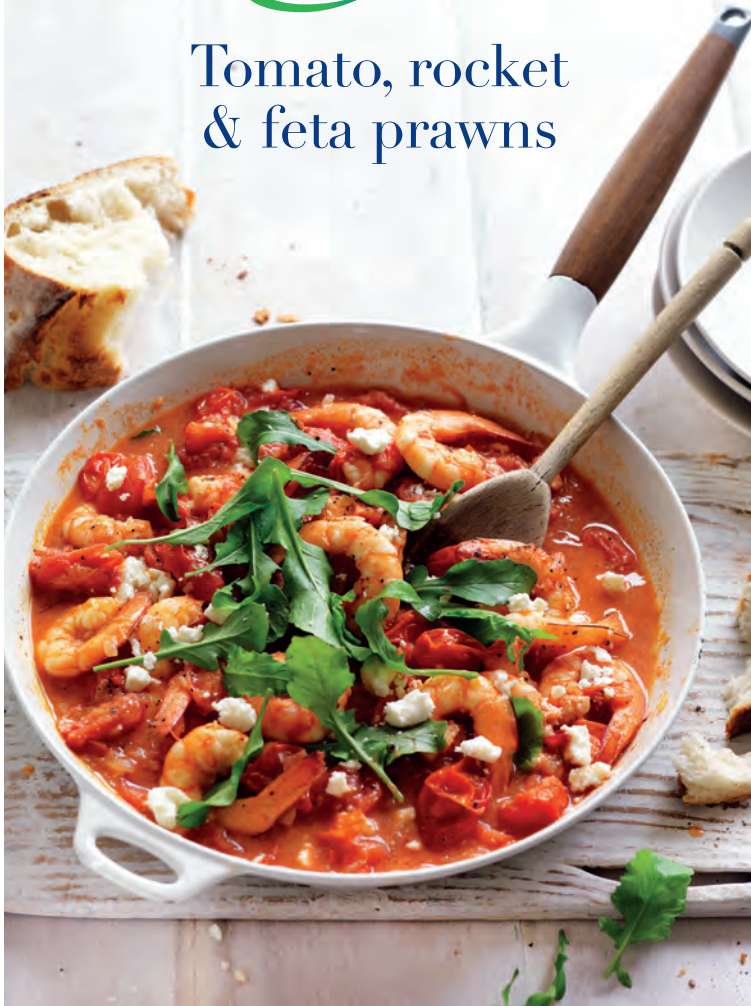


Tomato, rocket & feta prawns



Tomato, rocket & feta prawns

Preparation 20 mins | Cooking 20 mins | Serves 4

- 2 tbs olive oil
- 1 brown onion, finely chopped
- 3 garlic cloves, finely chopped
- 750g mini roma or cherry tomatoes, halved lengthways
- ½ tsp sugar
- ½ cup fish or chicken stock
- 750g green king prawns, peeled (tail on) and deveined
- 1 tbs lemon juice
- 75g feta cheese, crumbled
- 30g baby rocket leaves
- Lemon wedges and crusty sourdough bread, to serve

STEP 1 Heat oil in a large frying pan over medium heat. Add onion and garlic and cook, stirring often, for 3-4 minutes until softening. Add tomatoes and cook, stirring occasionally, for 4-5 minutes until tender.

STEP 2 Sprinkle tomatoes with sugar. Stir in stock, cover and bring to the boil over medium-high heat. Add prawns and cook, stirring occasionally, for 2-3 minutes until prawns are pink and just cooked through. Stir through lemon juice. Season with salt and pepper to taste. Sprinkle with feta and rocket. Serve with lemon wedges and crusty bread.

Good for you... *TOMATOES*

Tomatoes are 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.

