GREEK · LUNCH · DINNER

Garides Saganaki (Greek Prawns with Tomato and Feta)

40 min · Serves 3 · 511 kcal a serve · Video 4:36 · Akis Petretzikis

Pescatarian · Gluten-free ingredients · No nuts listed

About 28 g protein and 14 g net carbs a serve: prawns baked in a fresh tomato sauce with feta. Rich in vitamin B12, selenium and calcium.

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Ingredients 18 · SERVES 3

- [ ] 1 lb whole **raw prawns**, body shells and veins removed, heads and tails left on
- [ ] 3 tbsp extra **virgin olive oil**, for the prawns
- [ ] **salt**
- [ ] **pepper**
- [ ] 1 **green capsicum** (bell pepper), thinly sliced
- [ ] 1 **onion**, diced
- [ ] 3 **garlic** cloves, thinly sliced
- [ ] a little more **olive oil**, for the vegetables (about 1 tbsp)
- [ ] 2 pinches **chilli flakes**
- [ ] 2 whole **star anise**
- [ ] 1 tbsp **tomato paste**
- [ ] a splash of **ouzo** (about 2 tbsp)
- [ ] 2 medium **ripe tomatoes**, grated (skins discarded)
- [ ] 1 tsp **sugar**
- [ ] ½ bunch **basil**, chopped
- [ ] **fresh oregano**
- [ ] 7 oz **feta**, crumbled
- [ ] extra **virgin olive oil**, to drizzle (about 1 tbsp)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Crustacea, Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 400°F fan (390°F). 0:26
2. Slice the green pepper, dice the onion and slice the garlic. Grate the tomatoes into a bowl, discarding the skins, and stir in the sugar. 0:40
3. Toss the prawns with 3 tbsp olive oil, salt and pepper and sear them in a very hot pan for 1 minute in all, just to colour them. Set aside. 1:16
4. In the same pan, with a little more oil, sauté the onion, pepper, garlic, chilli flakes and star anise with salt and pepper until golden. Stir in the tomato paste. 1:57
5. Take the pan off the heat, add the ouzo and carefully flambé it (or just let it bubble off), then add the tomatoes and bring to a boil. 2:21
6. Pour into an ovenproof dish, scatter half the basil, some oregano and half the feta, nestle in the prawns, and top with the rest of the feta and herbs and a drizzle of oil. 2:35
7. Bake 20 minutes until golden and bubbling. Serve with a little more olive oil, pepper and oregano. 3:11

> **Tip** Serves 3 as a main (our estimate) or 4–6 as a starter. Remove the star anise before serving. Traditionally eaten with bread for the sauce; it is low in carbs on its own.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
511 kcal	28 g	17 g
2,140 kJ	56% of a day	14 g net · 10 g sugars
		6% of a day

FIBRE	FAT	SODIUM
3.4 g	37 g	1,090 mg
12% of a day	13 g saturated	47% of a day
	48% of a day	

Energy from net carbs 11% · protein 22% · fat 67% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 94% · Selenium 80% · Vitamin C 63% · Vitamin K 42% · Vitamin B6 41% · Omega-3 37% · Vitamin E 35% · Calcium 33% · Zinc 31% · Vitamin A 20%

Source of (10–19%) Magnesium 16% · Folate 16% · Potassium 14% · Iron 12%

Recipe and video: Akis Petretzikis (@akispetretzikisen) on YouTube — youtube.com/watch?v=GagyjnjPqxc, published 16 May 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/garides-saganaki-greek-prawns-feta