

# Baked Shrimp with Fennel & Feta



**Serves 4    Prep 10 mins**

**Cooking 20 mins**

**Easy**

## Ingredients

4 tbsp. extra-virgin olive oil  
1 small fennel bulb (about 1 small or 1/2 large), cut into 1cm dice  
115ml dry white wine  
1 can diced tomatoes, with their juices  
Salt and freshly ground black pepper  
80g fresh breadcrumbs (approx - about 1 cup )  
3 tbsp. chopped fresh flat-leaf parsley  
80g feta, crumbled (about 1 cup)  
400g large raw prawns, peeled & deveined  
1 tsp dried oregano  
1/2 lemon, zested  
1 tbsp Pernod  
2 tsp tomato puree  
1 lemon, cut into wedges to serve

1. As this is a US recipe, the metric quantities are approximate. Place a rack in the centre of the oven & heat the oven to 220C/200C Fan/ Gas 7. Heat 2 tbsp of olive oil in a 23 - 30cm heavy ovenproof frying pan over medium-low heat. Add the fennel & sauté for 8 - 10 mins, until the fennel is tender. Add the wine & bring to a boil, scraping up any browned bits. Cook for 2 - 3 mins, until the liquid is reduced by half.
2. Add the tomatoes with the liquid, tomato paste, oregano, Pernod, salt & pepper to the pan. Simmer over medium-low heat, stirring occasionally, for 10 to 15 mins.
3. Arrange the prawns, tails up, in one layer over the tomato-mixture in the pan. Scatter the feta evenly over the prawns.
4. In a small bowl, combine the bread crumbs, parsley, and lemon zest with the remaining 2 tablespoons of olive oil and sprinkle over the prawns.
5. Bake for 15 minutes, until the prawns are cooked and the bread crumbs are golden brown. Squeeze the juice of 1 lemon over the shrimp. Serve hot with the remaining lemon cut into wedges.