

# King Prawns with Peppers, Pernod & Feta



**Serves 4    Prep 20 mins**

**Cooking 25 mins**

**Easy**

## **Ingredients**

16 -18 raw king prawns, peeled and de-veined  
50ml extra virgin olive oil  
1 onion, finely chopped  
3 garlic cloves, finely chopped (optional)  
3 spring onions, chopped  
1 red & 1 green pepper, deseeded & finely chopped  
5 medium tomatoes, skins removed, deseeded and chopped  
pinch of dried oregano  
1 tsp caster sugar  
50ml Pernod or Ouzo  
200g feta, crumbled  
2 tbsp chopped parsley

1. Season the prawns, then set aside. Heat a little of the oil in a frying pan over a medium heat, and cook the onion for 1-2 mins. Add the garlic, spring onions & the green pepper and cook for a couple of minutes more. Add the tomatoes, the sugar and oregano. Season, cover and cook for 10-15 mins.
2. Heat a little more of the oil in a second frying pan, and cook the prawns for a minute, then flip and cook for another minute. Carefully pour over the Pernod or ouzo, and continue cooking for a minute or so until the alcohol has evaporated. Transfer the prawns to the pan with the tomato mixture. Sprinkle over the feta, then cover and cook for 5 mins more. Be careful not to overcook the prawns as they will become tough. Drizzle with the remaining oil and sprinkle with the parsley to serve.