

Roasted Shrimp with Feta



Serves 4 Prep 15 mins

Cooking 45 mins

Easy

Ingredients

4 tablespoons good olive oil, divided
1 fennel bulb, medium-diced
60ml dry white wine
1 tin chopped tomatoes
2 teaspoons tomato paste
1 teaspoon dried oregano
1 tablespoon Pernod
1 teaspoon kosher salt

1/2 tsp freshly ground black pepper
500g whole tiger prawns with tails on
140g good feta cheese, coarsely crumbled
340g fresh bread crumbs
3 tablespoons finely chopped fresh parsley
1 teaspoon grated lemon zest
2 lemons

1. Preheat the oven to 200C/ 180C Fan/ Gas 6. Heat 2 tablespoons of the olive oil in a 10-or 12-inch heavy ovenproof frying pan over medium-low heat. Add the fennel and sauté for 8 to 10 minutes, until the fennel is tender. Add the wine and bring to a boil, scraping up any browned bits. Cook for 2 to 3 minutes, until the liquid is reduced by half. Add the tomatoes with the liquid, tomato paste, oregano, Pernod, salt, and pepper to the frying pan. Simmer over medium-low heat, stirring occasionally, for 10 to 15 minutes.
2. Arrange the shrimp, tails up, in one layer over the tomato-mixture in the frying pan. Scatter the feta evenly over the shrimp. In a small bowl, combine the breadcrumbs, parsley, and lemon zest with the remaining 2 tablespoons of olive oil and sprinkle over the shrimp. Bake for 15 minutes, until the shrimp are cooked and the breadcrumbs are golden brown. Squeeze the juice of 1 lemon over the shrimp. Serve hot with the remaining lemon cut into wedges.