

Scampi Provençal



Serves 4 Prep 25 mins

Cooking 20 mins

Easy

Ingredients

3 tbsp olive oil

4 shallots or 1 small onion, peeled & finely chopped

1 tbsp tomato paste

150 ml white wine

700 g preferably plum tomatoes, skinned, deseeded & roughly chopped

1 bouquet garni

salt & freshly ground black pepper

700 g raw scampi, peeled tiger prawns or langoustines

finely sliced spring onions, to garnish

chopped chives, to garnish

prawns, to garnish

1. Heat the olive oil in a large frying pan, add the shallots and cook for 1-2 minutes . Add the tomato paste and cook for 1 minute . Pour in the white wine, bring to the boil and bubble for about 10 minutes until very well reduced and syrupy.
2. Add the chopped tomatoes and bouquet garni, then season to taste. Bring to the boil and simmer gently for 5 minutes or until pulpy.
3. Add the raw scampi to the hot sauce, then return to the boil and simmer gently, stirring, for 1-2 minutes or until the scampi are pink and just cooked through to the centre.
4. Garnish with finely sliced spring onions, chopped chives and prawns and serve immediately