



Greek Shrimp Saganaki

20'

Hands on

25'

Cook Time

4

Portion(s)

2

Difficulty



Method

- Preheat oven to 200* C (390* F) Fan.
- **Chop** the bell pepper in half, remove the seeds and any white flesh and thinly slice.
- Dice the onion and thinly slice the garlic.
- In a bowl, grate the tomatoes, using the large blades of the grater. Grate only the flesh and discard the skin.
- Add the granulated sugar and stir.
- Place a **pan** over high heat and let it get very hot.
- Peel the middle section of the **shrimp**, leaving the head and tail intact.
- Devein by making a very shallow cut along the backs of the shrimp with a sharp knife, just enough to be able to see the vein and remove it.
- Place the shrimp in a container. Drizzle with some olive oil, season with salt and pepper right before cooking because seasoning the shrimp dehydrates them. You want them to stay juicy.
- Toss to coat and add to the hot pan.
- Sauté for 1 minute total, until they are golden on both sides.
- When ready, transfer to a plate and set aside until needed.
- Place pan back on heat. Add some more olive oil, the onion, bell pepper, garlic, salt, pepper, chili flakes and star anise.
- Sauté until the mixture is nicely caramelized, adding more olive oil if necessary.
- Add the tomato paste and sauté.
- Add the ouzo and let it evaporate. Your pan might catch on fire since it is flambéing but don't panic, as it will quickly die down.
- Add the grated tomato mixture and bring to a boil.
- Transfer to an **ovenproof baking dish**.
- Sprinkle with ½ of the finely chopped basil.
- Add ½ of the crumbled feta cheese over the top.
- Arrange the shrimp nicely in the baking dish and press them down gently with your fingers to sink in to the sauce.
- Add the remaining crumbled feta cheese, remaining finely chopped basil, a little oregano and finely drizzle with some extra virgin olive oil.

Ingredients

- 500 g **shrimp**, shell form body removed, deveined but head and tail intact
- 1 green bell pepper, thinly sliced
- 1 onion, diced
- 3 cloves of garlic, thinly sliced
- 2 medium ripe tomatoes, grated
- 1 teaspoon granulated sugar
- 3 tablespoons extra virgin olive oil, for pan + extra for drizzling
- 2 pinches chili flakes
- 2 star anise
- 1 teaspoon tomato paste
- 20 ml ouzo
- ½ bunch fresh basil
- 200 g feta cheese (100+100)
- fresh thyme
- fresh oregano
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

379 Calories (kcal)	22.0 Total Fat (g)	8.7 Saturated Fat (g)	11.0 Total Carbs (g)
19%	31%	44%	4%
9.5 Sugars (g)	32.0 Protein (g)	3.0 Fibre (g)	2.2 Sodium (g)
11%	64%	12%	37%

- Bake for 20 minutes.
- When ready, remove from oven, drizzle with some more extra virgin olive oil and serve!