



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Prawn Saganaki

Ingredients

8 green king prawns
2 cloves garlic, peeled, thinly sliced
1 long red chilli, thinly sliced
1/4 cup chopped coriander leaves
Extra virgin olive oil
Sea salt
4 baby yellow roma tomatoes
4 small black Russian tomatoes
4 baby red roma tomatoes
60g feta
1/4 cup chopped flat leaf parsley
leaves



Method  officially tested

Serves 1

1. Cut through the underside of the head and shell of each prawn with kitchen scissors, then use a sharp knife to butterfly the prawns open. Remove the digestive tract and wipe clean with paper towel. Place cut-side up onto a plate.
2. Press garlic, chilli and coriander over the prawn meat, drizzle with olive oil and season with salt. Marinate for up to 1 hour.
3. Preheat oven 250°C fan forced.
4. Heat an oven-proof frying pan over high heat until hot. Add enough oil to cover the base then add prawns flesh side down. Cook for 2 minutes, gently pressing flat with a spatula until golden. Turn over and cook few more minutes. Scatter the tomatoes over the pan, season with salt and transfer to the oven. Cook for 3 minutes until tomatoes just blistered.
5. Remove from the oven, crumble over the feta, scatter over the parsley, drizzle with olive oil and sprinkle with salt. Serve in the pan.