

PRAWN, LEEK & TOMATO DINNER

Serves 4-6



INGREDIENTS:

- ☐ 800 g Breco Headless Easy Peel Prawns
- ☐ 1 tbsp olive oil
- ☐ 1 tbsp butter
- ☐ 1 level tsp ground cumin
- ☐ ½ tsp ground fennel seeds
- ☐ 2 large leeks thinly sliced
- ☐ 2 cloves crushed garlic
- ☐ 4 large tomatoes chopped
- ☐ 1 red chilli chopped
- ☐ Salt and pepper to taste
- ☐ Juice of 1 ripe lemon
- ☐ Small handful chopped fresh coriander

METHOD:

01. Heat the olive oil and butter a saucepan, stir in the ground cumin and fennel. Cook while stirring for 30 seconds. Add the leeks and cook for 5 minutes; then add the garlic, tomatoes and chilli. Simmer until the tomatoes are tender. Remove the prawns from their shells and add to the sauce; simmer until the prawns turn pink and remove from the heat. Stir in the lemon juice and coriander.
02. Serve with steamed herb rice and a large green salad.