More than 1 hour Serves 2 Share with friends Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients:

Roasted tomato sauce:

- 2kg salad tomatoes, halved
- 1 packet (240g) vine tomatoes
- 1 packet (350g) mixed medley tomatoes
- 1 bulb garlic, halved
- Handful fresh herbs (such as rosemary, thyme and bay leaves) + extra, chopped
- Olive oil
- 2 onions, chopped
- 2 Tbsp (30ml) white or brown sugar
- 1/2 cup (125ml) stock
- 10-12 wild pink prawns, deveined and heads on
- Salt and milled pepper
- ¼ cup (60ml) butter
- 3 cloves garlic, sliced
- Juice (30ml) of ½ lemon
- 1 cup (250ml) roasted tomato sauce (above)
- 1 Tbsp (15ml) smoked paprika
- 1 packet (125g) mangetout
- 1/2 packet (200g) PnP Tasty Stem broccoli
- Sesame seeds, for garnish (optional)

## Method

- 1. For sauce, preheat oven to 180°C.
- 2. Arrange tomatoes, garlic and whole fresh herbs between two oven trays.
- 3. Drizzle with olive oil and roast for 25-30 minutes or until tomatoes have softened and

are slightly charred.

- 4. Remove and set aside, heat a glug of oil in a large pot and fry onions for about 5 minutes or until golden.
- 5. Add roasted tomatoes and sugar and cook gently for 2-3 minutes.
- 6. Add stock and extra fresh herbs, simmer gently for about 10 minutes.
- 7. Strain whole herbs, season with salt and pepper, then blitz sauce until smooth. (You should have about 2 cups of sauce, you can reserve half of it for another dish as it keeps in the fridge for a week, or freeze it for longer.)
- 8. Season prawns well.
- 9. Melt butter in a large pan and add garlic.
- 10. Add lemon juice and prawns once butter starts to brown.
- 11. Cook prawns for about 5-6 minutes.
- 12. Add roasted tomato sauce and paprika, and simmer gently for another 3-4 minutes.
- 13. Remove from heat and season well.
- 14. Blanch mangetout and broccoli, refresh in iced water and place in serving bowls.
- 15. Add prawns and sauce, and sprinkle with sesame seeds just before serving.