

More than 1 hour

Serves 2

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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
- ½ 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
- ½ 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.