

Shrimp and Feta Saganaki

Yield: 2 serves | **Rating:** 5/5 | **Prep:** 10 min | **Cook:** 35 min | **Source:** thestranger.online

In Greek cuisine, saganaki (Greek σαγανάκι) is any one of a variety of dishes prepared in a small frying pan, the best-known being an appetizer of fried cheese.

The dishes are named for the frying pan in which they are prepared, called a saganaki, which is a diminutive of saganí, a frying pan with two handles, which comes from the Turkish word sahan 'copper dish', itself borrowed from Arabic سحان (ṣaḥn).

Ingredients

- 565 g shrimp (medium, raw, peeled and deveined)
- 1 ml salt (fine)
- 1 ml pepper (black)
- 59 ml oil (olive, extra virgin, divided [across the recipe])
- 5 garlic cloves (minced)
- 59 ml ouzo
- 1 ml fennel (seeds, crushed)
- 0.5 onion (large, chopped)
- 1 chilli (sliced)
- 5 ml pepper flakes (red)
- 400 g tomatoes (tinned, crushed)
- 5 ml oregano (divided)
- 90 g feta (crumbled, , divided)
- 15 ml basil (fresh, chopped)

Notes

If you wish to make this vegetarian then use paneer instead of feta. To make your own paneer, extremely simply here's a recipe [<https://parlezpantry.com/paneer/>].



Instructions

1. Preheat your oven to 200C. Using kitchen roll ensure the shrimp are dry and then season with the salt and pepper.
2. Drizzle 2 tbsp of the oil to a heavy based skillet or large pan and set over a medium heat. Once the oil has begun to shimmer add the shrimp and sauté for approximately 2 minutes before adding the garlic and sautéing for a further minute until the shrimp have all turned pink.
3. Add the ouzo and sauté for 2 minutes or until the alcohol has evaporated. Remove the pan from the heat and set aside.
4. Add the rest of the oil (2 tbsp) to a medium pan and place over a medium heat. Once the olive oil begins to shimmer, and the onions and sauté for a further 5 minutes or until they become translucent. Add the pepper flakes and sliced chilli then sauté for 2 more minutes. Add the tomatoes, cover, and simmer for 7 minutes until the sauce has thickened.
5. Pour the sauce into an oven proof casserole dish or cast iron skillet ensuring the shrimp have enough room to reside in a single later. Sprinkle 0.5 tsp oregano and crumble half of the feta over the sauce, gently press each shrimp into the sauce then sprinkle the remaining feta and oregano over the shrimp.
6. Transfer to the oven and bake for 15 minutes, then sprinkle the chopped basil atop. Can be stored, covered, in the fridge for up to 2 days.