Natures Plus.

Prawns with Garlic, Tomatoes and Lemon

INGREDIENTS

2 tbsp extra-virgin olive oil

1 lb (about 12) prawns, shelled & deveined

salt & freshly ground white or black pepper

1 tbsp chopped fresh garlic

1 cup chopped fresh tomatoes, peeled & seeded

1/2 lemon, juiced

2 tbsp butter, room temperature

1 tbsp snipped chives

1 tbsp chopped flat-leaf parsley

- Heat oil in a large skillet over medium heat. Lightly sear prawns on both sides, 45-60 seconds. Season with salt and pepper; add garlic and cook 2-4 minutes, until garlic just begins to brown.
- 2. Remove prawns from pan and set aside. Add tomatoes and simmer until they begin to break down (4-7 minutes, depending on ripeness). Add lemon juice and stir in butter, then stir in chives and parsley.
- 3. Taste and adjust seasoning. Return prawns to pan and cook 1 minute more to reheat.

Yields 4 servings

Source: Reprinted with permission from Tomato: A Fresh-from-the-Vine Cookbook by Lawrence Davis-Hollander (Storey Publishing); recipe by Sarah Stegner

recipes