



Kritharoto Garides – Prawns with orzo

INGREDIENTS:

- 1/2 Kg medium peeled prawns
- 250 gr orzo pasta
- 3 cloves minced garlic
- 1 diced onion
- 1/2 tsp dried oregano
- 6 tablespoons extra virgin olive oil
- 1 can diced tomatoes
- Juice of 1/2 lemon
- 3 cups vegetable broth
- Salt/pepper
- Parsley
- Feta cheese



LEADER: THANOS MAMAS
COUNTRY: GREECE

“ When it comes to cooking in Greece, we love our fresh seafood and simple ingredients, and it doesn't come any better than Kritharoto Garides – Prawns with orzo. This is the perfect mouth-watering summer dish that brings people together. Light, but filling, you'll find this recipe is an in-stant crowd pleaser served on the glittering waterfront of Naxos to the bustling side streets in Athens. ”

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DIRECTIONS:

- 1** Start by preheating your oven to 200C.
- 2** Cook orzo pasta on the stove for around 8-12 minutes, rinse in cold water and drain. Transfer the pasta to a large bowl. Add basil and 1 tablespoon oil to the bowl, toss to coat and set aside.
- 3** Next, heat up some olive oil in large pan over medium heat. When ready, add onion and garlic into the mix and let it simmer for about 3 minutes until they turn golden-brown in colour.
- 4** After this, add in diced tomatoes, squeezed juice from half a lemon and king prawns. Cook and stir for 2-3 minutes until the shrimp turns pink.
- 5** Add your pre-made Orzo pasta and a dash of oregano to your onions and garlic and cook them together for an additional two minutes.
- 6** After this, pour in hot vegetable stock broth and bring to boil.
- 7** Reduce the heat and let it simmer until pasta is ready, al dente (this takes about 10 mins), stirring frequently in between.
- 8** Transfer the prawns with orzo into a baking dish and place in the oven for 10 minutes, stirring the contents once or twice.
- 9** When you take it out of the oven add a dash of salt and pepper to enhance the flavour and place chopped parsley and/or feta cheese on top as a garnish and kali orexi – enjoy your meal!

