



**Product Spotlight:
Feta Cheese**

Feta cheese is lower in calories and fat than many other types of cheese and is a good source of protein, riboflavin, vitamin B12, calcium and phosphorus.



**Baked Feta Pasta
with Basil & Pine Nuts**

Cherry tomatoes and creamy feta cheese roasted with olive oil and tossed through short pasta then finished with basil and pine nuts.

Make a Pesto!
You can hide the spinach in a homemade pesto! Blend with the basil, pine nuts and feta cheese until smooth. Stir the pesto through the pasta along with roast onion and tomatoes.

25 minutes

4 servings

Vegetarian

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	47g	99g

FROM YOUR BOX

RED ONION	1
FETA CHEESE	2 packets
CHERRY TOMATOES	2 x 200g
GARLIC CLOVES	2
BASIL	1 packet
PINE NUTS	1 packet
BABY SPINACH	1 bag (120g)
SHORT PASTA	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper

KEY UTENSILS

oven dish, saucepan, frypan (optional)

NOTES

You can add some fresh rosemary or thyme to roast with the tomatoes or use 2 tsp dried herb of choice for added flavour.

No gluten option - pasta is replaced with GF pasta.



1. ROAST TOMATOES & FETA

Set oven to 250°C.

Slice onion and quarter the feta block. Place in a lined oven dish with cherry tomatoes, **1/2 cup olive oil, salt and pepper** (see notes). Bake for 15-20 minutes until golden.



2. CHOP GARLIC AND BASIL

Bring a saucepan of water to a boil.

Chop garlic and slice basil leaves. Toast pine nuts in a dry frypan until golden (optional). Set aside with spinach.



3. COOK THE PASTA

Add pasta to boiling water. Cook according to packet instructions or until al dente. Reserve **1/4 cup pasta water** before draining.



4. MAKE THE SAUCE

Remove oven dish and use a fork to squash the tomatoes to make a sauce. Add garlic, basil and spinach. Combine well.



5. ADD THE PASTA

Stir in cooked pasta and **1/4 cup reserved pasta water**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve baked feta pasta topped with pine nuts.



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