



Greek Feta Baked Rice

A hearty one-dish bake with basmati rice, zucchini, cherry tomatoes and spinach with garlic and oregano, topped with golden feta.



40 minutes



Vegetarian



2 servings

FROM YOUR BOX

BROWN ONION	1
CELERY STALK	1
ZUCCHINI	1
CHERRY TOMATOES	200g
GARLIC CLOVE	1
BASMATI RICE	150g
TOMATO PASTE	1 sachet
BABY SPINACH	60g
FETA CHEESE	200g

FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano, 1 vegetable stock cube

NOTES

You can stir half the feta cheese through the rice for pockets of melty cheese if preferred!

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1. PREPARE THE BAKE

Set oven to 200°C. Bring **1 cup water** to boil in kettle. Heat a large oven proof dish over medium-high heat with **olive oil**. Dice **onion**, **celery** and slice **zucchini**. Add to pan and cook for 3 minutes until softened. Halve and add **cherry tomatoes**.

TIP *Add a pinch of dried chilli flakes from your pantry for a little heat.*

2. BAKE THE RICE

Stir in **crushed garlic clove**, **basmati rice**, **crumbled stock cube**, **tomato paste** and **1 tsp oregano**. Pour over **1 cup boiling water**. Season with **salt and pepper**.

Cover dish tightly with **foil** and bake for 25–30 minutes, or until **rice** has absorbed the liquid and is just tender.

TIP *You can use stock paste or liquid stock instead of a stock cube if preferred.*

3. ADD SPINACH AND FETA

Set oven to fan grill. Stir **spinach** through the **rice** until wilted. Crumble **feta cheese** over the top and drizzle with a little extra **olive oil** (see notes). Return to oven, uncovered, for 5 minutes until feta is golden at the edges.

TIP *Stir through some pitted kalamata or green olives if you have some.*

4. FINISH AND SERVE

Drizzle baked rice with **olive oil** and garnish with **dried oregano** to serve.

TIP *You can also garnish with fresh parsley, dill, lemon zest or dried chilli flakes. Serve with lemon wedges.*

This recipe has simplified instructions to help lower your meal cost.