



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



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
CELERY STALKS	2	3
ZUCCHINI	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
GARLIC CLOVES	2	2
BASMATI RICE	300g	300g + 150g
TOMATO PASTE	1 sachet	2 sachets
BABY SPINACH	120g	120g
FETA CHEESE	200g	2 x 200g

FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano, 1 vegetable stock cube (6P – 2 stock cubes)

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 **2 cups 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**.

6P – boil 1L water.

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

2. BAKE THE RICE

Stir in **2 crushed garlic cloves**, **basmati rice**, **crumbled stock cube**, **tomato paste** and **2 tsp oregano**. Pour over **2 cups 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.

6P – use 3 tsp dried oregano, 2 stock cubes and 3 cups boiling water. Add more water if needed.

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.