




Product Spotlight: Feta cheese


The term 'feta' comes from the Greek word "Pheta" and can be translated as 'slice'. It is traditionally made from a combination of sheep and goats milk.




Oregano Chicken with Baked Feta Pasta

Australian feta cheese baked in the oven until golden and melty to make a delicious creamy pasta sauce with cherry tomatoes and basil, served alongside roast oregano chicken.

 25 minutes

 2 servings

 Chicken

Add to the sauce!

You can add mushrooms, zucchini or capsicum to the oven dish to roast if you want more veggies in the sauce!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	42g	90g

FROM YOUR BOX

CHICKEN BREAST (SKIN ON)	300g
FETA CHEESE	1 packet
SHALLOT	1
CHERRY TOMATOES	200g
SHORT PASTA	1 packet
BABY SPINACH	1 bag
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

saucepan, oven tray, oven dish

NOTES

Cook the chicken on the BBQ or a griddle pan if preferred!

You can add crushed garlic or chilli flakes to the feta sauce for a boost of flavour!

No gluten option – pasta is replaced with GF pasta.



1. ROAST THE CHICKEN

Set the oven to 250°C. Bring a saucepan of water to a boil (for step 3).

Slash **chicken** and coat with **1 tsp oregano, oil, salt and pepper**. Roast on a lined oven tray for 20 minutes or until cooked through (see notes).



2. BAKE THE FETA SAUCE

Cut the **feta** into quarters and **shallot** into wedges. Add to a lined oven dish with **cherry tomatoes, 1/2 tsp oregano, 1/4 cup olive oil, salt and pepper**. Bake in oven for 15 minutes until golden (see step 4).



3. COOK THE PASTA

Add **1/2 packet pasta** to boiling water and cook until al dente. Reserve **1/2 cup pasta water** before draining.



4. MAKE THE SAUCE

Remove oven dish. Use a fork to squash the **tomatoes** and **feta** to make a sauce. Add **baby spinach** and **basil leaves**, toss to combine (see notes).



5. TOSS THE PASTA

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



6. FINISH AND SERVE

Slice **cooked chicken** and divide among shallow bowls with **pasta**.



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