



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



4/6 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
4/6 Person:	52g/57g	35g	90g/75g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN BREAST (SKIN ON)	600g	600g + 300g
FETA CHEESE	1 packet	2 packets
RED ONION	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
SHORT PASTA	500g	500g
BABY SPINACH	1 bag	2 bags
BASIL	1 packet	2 packets

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 boil (for step 3).

Slash **chicken** and coat with **2-3 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 slice **onion**. Add to a lined oven dish with **cherry tomatoes, 1 tsp oregano, 1/2 cup olive oil, salt and pepper**. Bake in oven for 15 minutes until golden (see step 4).

6P - add to a lined oven dish with cherry tomatoes, 1 1/2 tsp oregano, 3/4 cup olive oil, salt and pepper.



3. COOK THE PASTA

Add **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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