



Product Spotlight: Feta Cheese

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



Baked Feta Pasta with Chicken

This recipe has gone viral for a good reason; it is absolutely delicious! In our Dinner Twist version, we have added baby spinach and chicken to help make the meal a bit more substantial.



20 minutes



2 servings



Chicken

Spice it up!

Add some chilli flakes or balsamic vinegar for extra flavour! Use a tomato sugo if you prefer a richer sauce. Crumble the feta on top to finish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	65g	58g	104g

FROM YOUR BOX

FETA CHEESE	200g
CHERRY TOMATOES	200g
SHORT PASTA	500g
GARLIC CLOVE	1
BASIL	1 packet
COOKED CHICKEN BREAST	1 packet
BABY SPINACH	60g

FROM YOUR PANTRY

olive oil, salt, pepper

KEY UTENSILS

oven dish, saucepan

NOTES

Add some dried oregano, thyme or rosemary for extra flavour!

No gluten option - pasta is replaced with GF pasta.



1. ROAST TOMATOES & FETA

Set oven to 250°C.

Dice **feta cheese**. Arrange with **cherry tomatoes** in a lined oven dish with **1/4 cup olive oil, salt and pepper**. Bake for 15–20 minutes or until golden.



2. BOIL THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** and cook until al dente. Reserve **1/4 cup pasta water** before draining.



3. PREPARE THE INGREDIENTS

Chop **garlic** and slice **basil leaves** (reserve some for garnish if you like). Arrange on a plate with **chicken** and **spinach**.



4. FINISH THE SAUCE

Remove oven dish and use a fork to squash the tomatoes to make a sauce (see notes). Add garlic, basil, spinach and chicken and 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 at the table and top with any reserved basil.



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