



Product Spotlight: Feta Cheese

Traditionally feta is made from sheep milk, although it can be made from sheep, goat or cow milk, or any combination of the three.



Baked Feta Ravioli

Super easy, super delicious! Feta cheese and cherry tomatoes baked with dried oregano and tossed with baby spinach to make a delicious sauce to coat fresh ravioli from Ipastai.



25 minutes



4/6 servings



Vegetarian

Spice it up!

Some dried chilli flakes or slices of fresh red chilli, lemon zest and a squeeze of lemon juice would make a great addition to this dish.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	32g	26g	69g/65g

FROM YOUR BOX

	4 PERSON	6 PERSON
RED ONION	1	1
GARLIC CLOVE	2	3
CHERRY TOMATOES	2 x 200g	3 x 200g
FETA CHEESE	1 packet	2 packets
FRESH FILLED PASTA	2 x 350g	3 x 350g
BABY SPINACH	120g	120g + 60g

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano (see notes)

KEY UTENSILS

large saucepan, oven dish

NOTES

If you don't have dried oregano, you can use dried or fresh rosemary, thyme or dried Italian herbs.

No gluten option - filled pasta is replaced with GF filled pasta. Cook pasta according to packet instructions.



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1. PREPARE THE VEGETABLES

Set oven to 220°C and bring a large saucepan of water to a boil.

Wedge **red onion** and crush **garlic cloves**. Add to a lined oven dish with **cherry tomatoes**.



2. ADD THE FETA AND BAKE

Quarter **feta** block. Add to oven dish along with **1/3 cup olive oil**, **2 tsp oregano**, **salt and pepper**. Toss to combine. Bake for 15–20 minutes until golden.

6P – add to oven dish along with **1/2 cup olive oil**, **3 tsp oregano**, **salt and pepper**.



3. COOK THE PASTA

Add **pasta** to boiling water. Cook for 3–4 minutes until al dente. Reserve **1/2 cup cooking water** before draining.

6P – reserve **3/4 cup cooking water**.



4. MAKE THE SAUCE

Take oven dish out of the oven and use a fork to squash **tomatoes**. Add **spinach**. Combine well.



5. FINISH AND SERVE

Stir in cooked **pasta** and **reserved cooking water** as needed. Season to taste with **salt and pepper**. Serve at the table.

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