



Greek Tomato and Feta Soup

A comforting Mediterranean-inspired soup with juicy cherry tomatoes, tender pearl couscous, and creamy feta, served with homemade garlic bread.



30 minutes



4 servings



Vegetarian

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
CHERRY TOMATOES	2 x 200g
PEARL COUSCOUS	150g
CIABATTA LOAF	1
GARLIC CLOVE	1
FETA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, 2 vegetable stock cubes, dried oregano, dried chilli flakes (optional)

NOTES

If you don't feel like a soup, you can make a pearl couscous salad instead. Roast the vegetables, adding extra if you have some. Toss together with a dressing of choice and crumbled feta cheese.

1. SAUTÉ THE VEGETABLES

Heat a saucepan or heavy-based pan over medium-high heat with **olive oil**. Dice and add **onion**, cooking for 5 minutes until softened. Dice **zucchini** and halve **cherry tomatoes**. Add to the pan along with **2 tsp dried oregano**.

TIP *You can add some crushed garlic for depth of flavour. Dried oregano can be switched with dried Italian herbs.*

2. SIMMER THE SOUP

Stir in **pearl couscous**. Crumble in **stock cubes** and pour in **1.5L water**. Bring to a boil, cover and simmer for 15 minutes or until couscous is cooked through.

TIP *Tinned cannellini beans or butter beans can be added if you would like more protein.*

3. MAKE THE GARLIC BREAD

Slice **ciabatta loaf** and brush each side with **olive oil**. Heat a griddle pan or frypan over high heat. Toast bread for 1 minute on each side. Cut **garlic clove** in half and rub the cut side onto the warm bread.

TIP *You can toast the bread in the oven or in a sandwich press instead.*

4. FINISH AND SERVE

Dice **feta cheese** and stir through soup. Season with **salt and pepper** and garnish with **dried chilli flakes** (optional).

TIP *Add a splash of red wine vinegar or lemon juice before serving for a fresh, tangy finish. Fresh chopped parsley also makes a great garnish.*

This recipe has simplified instructions to help lower your meal cost.