



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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.



## 3 Baked Feta Pasta

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

 25 minutes

 4 servings





 Chicken

16 April 2021

*Spice it up!*

*Add some chilli flakes or balsamic vinegar for extra flavour!*

## FROM YOUR BOX

YELLOW CAPSICUM	1
FETA CHEESE	400g
CHERRY TOMATOES	1 packet (400g)
SHORT PASTA	1 packet (500g)
GARLIC CLOVES	2-3
BASIL	1 packet
COOKED CHICKEN 	1 packet
BABY SPINACH	1 bag (120g)
 ZUCCHINI	1
 RED ONION	1
 PINE NUTS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY


olive oil, salt, pepper

## KEY UTENSILS

oven dish, saucepan

## NOTES

No gluten option - pasta is replaced with GF pasta.


 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



### 1. ROAST TOMATOES & FETA

Set oven to 250°C.

Slice capsicum and dice feta. Arrange with cherry tomatoes in a lined oven dish with **1/2 cup olive oil, salt and pepper**. Bake for 15-20 minutes or until golden.

 **VEG OPTION** - prepare as above, adding chopped zucchini and red onion.




### 2. BOIL THE PASTA

Bring a large saucepan of water to the boil. Add pasta and cook until al dente. Reserve 1 cup pasta water before draining.



### 3. PREPARE REMAINING


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

 **VEG OPTION** - Prepare as above (except chicken), toasting pine nuts in a dry frypan until golden. Set aside for serving.



### 4. REMOVE FROM OVEN

Remove oven dish and use a fork to squash the tomatoes to make a sauce. Add garlic, basil, spinach and chicken and combine well.

 **VEG OPTION** - Prepare as above, except the chicken.




### 5. ADD IN 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.

 **VEG OPTION** - Serve baked feta & vegetable pasta at the table and top with any reserved basil and pine nuts.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

