



# UCOOK

## Baked Feta Pasta

with baby tomatoes, fresh basil & a green salad

The ever so popular baked feta pasta! It's a hearty dish made with roasted tomatoes, creamy and lightly tangy feta, al dente pasta, and fresh herbs. One of the easiest and tastiest recipes!

---

**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

---

**Serves:** 2 People

---

**Chef:** Ella Nasser



Vegetarian



Warwick Wine Estate | First Lady Cabernet  
Savignon

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

160g	Baby Tomatoes
1	Onion <i>peeled &amp; finely diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
10ml	Dried Oregano
15ml	Dried Chilli Flakes
200g	Feta <i>drained</i>
250g	Penne Pasta
20g	Pumpkin & Sunflower Seed Mix
40g	Green Leaves <i>rinsed</i>
100g	Cucumber <i>roughly diced</i>
15ml	Balsamic Vinegar
50ml	Grated Italian-style Hard Cheese
8g	Fresh Basil

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. FETA BAKE** Preheat the oven to 200°C. In an ovenproof dish, toss the baby tomatoes, the diced onion, the grated garlic, the oregano, the chilli flakes, seasoning and 50ml of oil. Spread out in a single layer and place the drained feta in the center. Drizzle some oil over the feta. Bake in the hot oven for 20-25 minutes, until the tomatoes have slightly burst and the feta is golden.

**2. SIMMERING PENNE** Bring a pot of salted water to a boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through some olive oil to prevent sticking.

**3. SEEDS & LEAVES** Place the seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. In a salad bowl, toss the rinsed green leaves, the diced cucumber and the toasted seeds with drizzle of oil, the vinegar and some seasoning.

**4. MIX IT ALL TOGETHER...** Once the feta and tomatoes are done, mash with a fork or potato masher and mix until combined. Add to the pot with the pasta, and mix until fully combined. Add the reserved pasta water if you would like a saucier consistency. Season to taste.

**5. A VIRAL FEAST** Bowl up the feta pasta and sprinkle over the grated Italian cheese and sliced basil. Side with the fresh salad. Great work, Chef!



## Chef's Tip

Cooking pasta in salted water allows it to absorb the salt, enhancing its flavour, because the salt is dispersed throughout the dish and not just on the surface of the pasta, so you get a better end result!

## Nutritional Information

Per 100g

Energy	838kj
Energy	200Kcal
Protein	8.4g
Carbs	22g
of which sugars	2.2g
Fibre	1.9g
Fat	8g
of which saturated	4g
Sodium	227mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites, Alcohol

Cook  
within  
4 Days