

UCCOOK

Baked Feta Penne Pasta

with baby tomatoes & fresh basil

A penne for your thoughts about this Greece-meets-Italy recipe, Chef! Crumbings of golden baked feta with baby tomatoes, onion, oregano & garlic coat al dente penne pasta. A sunflower & pumpkin seed green salad brings the freshness to this inspired international dish.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 KWV - The Mentors | KWV The Mentors
Grenache Blanc 2021

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Ingredients & Prep

80g	Baby Tomatoes <i>rinse</i>
1	Onion <i>peel & roughly dice ½</i>
1	Garlic Clove <i>peel & grate</i>
5ml	Dried Oregano
5ml	Dried Chilli Flakes
100g	Traditional Feta Blocks <i>drain</i>
100g	Penne Pasta
10g	Pumpkin & Sunflower Seed Mix
20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & roughly dice</i>
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. OVEN-ROASTED VEG & FETA Preheat the oven to 200°C. In an ovenproof dish, combine the rinsed baby tomatoes, the diced onion, the grated garlic, the oregano, the chilli flakes (to taste), seasoning, and a drizzle of oil. Spread out in a single layer and place the drained feta in the center. Drizzle the feta with oil and bake in the hot oven until the tomatoes have burst and the feta is lightly golden, 25-30 minutes.

2. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

3. SEEDS & SALAD Place the pumpkin & sunflower seed mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a salad bowl, toss together the shredded salad leaves, the diced cucumber, the toasted seeds, a drizzle of olive oil, and seasoning.

4. COAT THE PASTA Once the feta & tomatoes are done, mash with a fork or potato masher. Add to the pot with the drained pasta and mix until fully combined. Add the reserved pasta water in 5ml increments if you would like a saucier consistency and season.

5. GOOD, BETTER, FETA. Bowl up the feta pasta and sprinkle over the torn basil. Side with the fresh salad. Great work, Chef!

Nutritional Information

Per 100g

Energy	700kj
Energy	168kcal
Protein	6.9g
Carbs	21g
of which sugars	1.9g
Fibre	1.9g
Fat	5.8g
of which saturated	3.1g
Sodium	255mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook
within 3
Days