

MARLEY SPOON



Roasted Feta

with Chickpea and Capsicum Salad



20-30min



2 Portions

Cheese and honey are a culinary match made in heaven, and when it's creamy, salty feta glazed with floral honey and a hint of smoked paprika, it's the stuff of dreams. Paired with a salad of golden spiced chickpeas and charred capsicum, this dish is full of warming, toasty flavours and is sure to convert any non-believer of salad in winter.

What we send

- smoked paprika
- lemon
- red capsicum
- chickpeas
- chickpea spice mix (coriander, cumin, sweet paprika, oregano)
- 1 shallot, 1 garlic clove and basil
- feta cheese ⁷
- baby spinach leaves

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- extra virgin olive oil
- Australian honey
- sea salt and pepper
- sugar

Utensils

- baking paper
- medium frypan
- oven tray
- paper towel
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

Milk (7). May contain traces of other allergens.

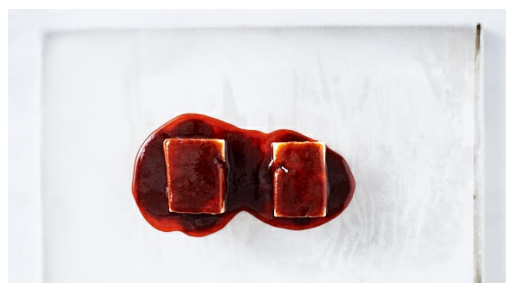
Nutrition per serving

Energy 530.0kcal, Fat 30.2g, Proteins 20.4g, Carbs 36.0g



1. Prepare ingredients

Preheat oven to 200C. Line 2 oven trays with baking paper. Peel and cut the **shallot(s)** into small wedges. Finely chop the **garlic**. Pick the **basil** leaves, discarding the stems. Remove core and seeds of the **capsicum(s)** and cut into thin strips. Cut the **lemon** (half for 2P | 1 for 4P** see cooking tip) into wedges. Wash **baby spinach** . **Drain _chickpeas** in a sieve.



4. Roast feta

Put the **feta** on the second lined tray and pour over the **honey mixture**. Roast for 10 mins or until feta is bubbling and golden brown. Remove from oven and cover to keep warm.



2. Marinate vegetables

Put **half the oil**, the **shallot, garlic, capsicum** and **chickpeas** in a large bowl. Add the **chickpea spice mix** (half for 2P**), season with **salt and pepper**, and toss until evenly coated. Transfer to one of the lined trays and roast for 20 mins or until chickpeas are golden brown.



5. Assemble salad

Put the roasted vegetable mixture in a large bowl, add the **baby spinach** and toss until combined and leaves are slightly wilted.



3. Marinate feta

Meanwhile, drain and dry the **feta** with paper towel, then cut in half widthwise. Using a fork, whisk together the **remaining oil**, the **honey, smoked paprika** (use half for 2P**) and **pepper**.



6. Get ready to serve

Roughly tear the **basil** leaves. Divide the roasted vegetable salad among plates and scatter over the **basil**. Top with the roasted feta and serve with the **lemon wedges**.