



## Roasted Feta

with Chickpea and Capsicum Salad



20-30min



4 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
- baby spinach leaves
- chickpea spice mix (coriander, cumin, sweet paprika, oregano)
- 2 shallots, 2 garlic cloves and basil
- lemon
- red capsicum
- Cheese, Feta 200gm <sup>7</sup>
- chickpeas

\*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

## 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.

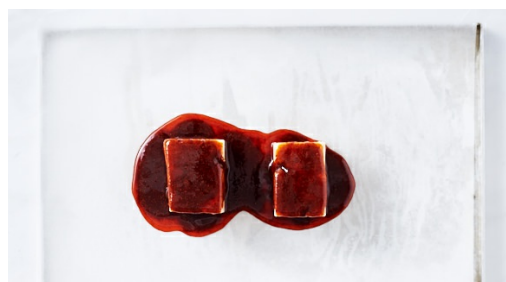
## Nutrition per serving

Energy 410.0kcal, Fat 24.0g, Proteins 17.5g, Carbs 25.1g



### 1. Prepare ingredients

Preheat oven to 200C. Line 3 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 **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 third 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. Divide between two 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**.