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Baked Oregano Feta Salad

with Cauliflower and Quinoa



20-30min



2 Portions

Do as the Greeks and sprinkle slabs of creamy feta with a little oregano, lemon zest and olive oil before baking until warmed through and golden. We've paired this dreamy combo with nutty quinoa, sweet raisins, toasted almonds and fresh mint, plus caramelised cauliflower, which roasts in the oven with the feta.

What we send

- lemon
- dried oregano
- white quinoa
- slivered almonds ¹⁵
- feta ⁷
- cauliflower
- tomato
- smoked paprika
- mint
- baby spinach leaves
- raisins

What you'll require

- Dijon mustard ¹⁷
- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- fine grater
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy. Reserve remaining oregano for another use.

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

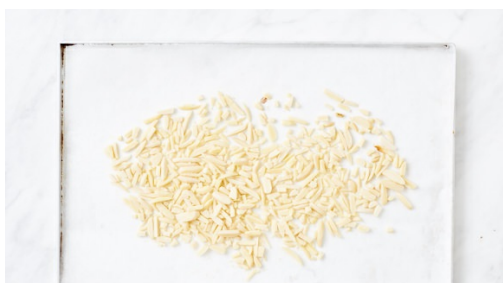
Nutrition per serving

Energy 875kcal, Fat 49.8g, Carbs 71.1g, Proteins 26.5g



1. Roast cauliflower

Preheat the oven to 220C. Line an oven tray with baking paper. Trim **cauliflower**, then cut head into small florets and stem into small chunks. Put all the cauliflower on the lined tray, sprinkle with **1 tsp paprika** (reserve remainder for another use) and drizzle with **1 tbs olive oil**. Season with **salt and pepper** and toss to combine. Bake for 15 mins.



4. Toast almonds

Meanwhile, put the **almonds** on a separate oven tray and toast on a lower shelf in the oven for 3 mins or until golden.



2. Cook quinoa

Meanwhile, rinse and drain the **quinoa** well (see cooking tip). Put quinoa and **250ml (1 cup) water** in a small saucepan and bring to a simmer. Cover with a lid and reduce the heat to low. Cook for 12 mins or until the water has absorbed and the quinoa is tender. Turn off the heat and allow to stand, covered, for 5 mins. Drain **feta** and pat dry.



5. Make dressing

Combine the **lemon juice**, **2 tbs extra virgin olive oil** and **1 tsp Dijon mustard** in a bowl and season with **salt and pepper**.



3. Bake feta

Finely grate the zest of **half the lemon**, then juice the half. Cut the **remaining half** into wedges. Combine **lemon zest**, **1 tbs olive oil** and **1 tsp oregano** (see cooking tip) in a bowl and season with **pepper**. Add the **feta** to the **cauliflower**, drizzle the **oil mixture** over the feta and bake the cauliflower and feta for a further 10-12 mins until golden.



6. Get ready to serve

Coarsely chop the **mint** leaves, discarding the stems. Finely chop the **tomato**. Put the mint, tomato, **quinoa**, **roasted cauliflower**, **almonds**, **spinach** and **raisins** in a large bowl. Add the **dressing** and stir well to combine. Divide the **salad** and **baked feta** among plates and serve with the **lemon wedges**.