



GREEK STYLE PENNE

with Feta and Black Olives



HELLO FETA

Feta is one of the world's oldest cheeses, it is mentioned in Homer's Odyssey.



Courgette



Black Olives



Dried Oregano



Vegetable Stock Powder



Wheat Penne



Feta Cheese



Chives



Rocket



Finely Chopped Tomatoes with Onion



Balsamic Vinegar

MEAL BAG

30 mins

3 of your 5 a day

Little heat

Veggie

Quick, comforting and delicious, this recipe from Chef Lizzie is a go-to for cosy nights at home. Lizzie has given this dish a Greek twist, using ingredients like courgettes, black olives, oregano and creamy feta for an authentic Mediterranean taste. Served with a peppery rocket salad to keep the flavours fresh, this winning dish is a guaranteed crowd-pleaser, perfect for any night of the week.

5

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Large Frying Pan, Measuring Jug, Colander** and **Mixing Bowl**. Now, let's get cooking!



1 PREP TIME

Put a large saucepan of water with a pinch of salt on to boil for the wheat pasta. Trim the **courgette**, quarter lengthways then cut widthways into small pieces. Halve the **olives**. Finely chop the **chives**.



2 GET COOKING

Heat a drizzle of **oil** in a large frying pan on medium-high heat and once hot, add the **courgette** and the **olives** and let cook, stirring often, 3-4 mins. Next, add the **dried oregano** to the pan, stir well to combine then add the **finely chopped tomatoes, water** (see ingredients for amount) and **stock powder**, stir well to dissolve.



3 LET IT SIMMER

Bring the **sauce** to the boil, reduce the heat to a gentle simmer and let it bubble away and reduce slightly, 12-15 mins.



4 BOIL THE WHEAT PASTA

When the pan of water is boiling, add the **wheat penne** and cook for 10 mins. Once cooked, drain in a colander and return to the pan off the heat. Drizzle with **oil** to stop it sticking together and set aside. Meanwhile, add the **rocket, balsamic vinegar**, a drizzle of **oil** and a pinch of **salt** and **pepper** to a mixing bowl. Toss to combine and set aside - this is your **salad**.



5 FINISH UP

Once the **sauce** is ready, add the **wheat pasta** and most of the **chives** to the frying pan. Crumble in **half** the **feta**. Remove from the heat and fold through to combine. Taste to check for seasoning and add **salt** and **pepper** if necessary.



6 DIVIDE AND SERVE!

Divide the **wheat pasta** between bowls and crumble over the remaining **feta**. Sprinkle over the last of the **chives** and arrange the **rocket salad** alongside. **Dig in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Courgette *	1	1½	2
Black Olives *	1	1½	2
Dried Oregano	pouch 1 small pot	pouches ¾ large pot	pouches 1 large pot
Water*	200ml	300ml	400ml
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachets
Wheat Penne 13)	200g	300g	400g
Feta Cheese 7) *	1 block	1½ blocks	2 blocks
Chives *	1 bunch	1 bunch	1 bunch
Rocket *	1 bags	1½ bags	2 bags
Finely Chopped	1	1½	2
Tomatoes with Onion	carton	cartons	cartons
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 440G	PER 100G
Energy (kJ/kcal)	2655 / 635	603 / 144
Fat (g)	16	4
Sat. Fat (g)	9	2
Carbohydrate (g)	91	21
Sugars (g)	18	4
Protein (g)	28	6
Salt (g)	3.25	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery 13) Gluten 14) Sulphites

Wheat Penne Pasta. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

📷 🐦 📘 📌 #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

🌱 HelloFRESH