



Honey Baked Oregano and Chilli Feta with Garlicky Flatbread Fingers

Special Sides 40 Minutes • Little Spice

1A



Red Chilli



Flat Leaf Parsley



Garlic Clove



Feta Cheese



Honey



Dried Oregano



Greek Style Flatbreads

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Bowl, Aluminum Foil, Baking Tray.

Ingredients

	Quantity
Red Chilli**	½
Flat Leaf Parsley**	½ bunch
Garlic Clove	2
Olive Oil for the Garlic Bread*	2 tbsps
Olive Oil for the Feta*	1 tbsp
Honey	2 sachets
Dried Oregano	1 sachet
Feta Cheese 7)**	200g
Greek Style Flatbreads 7) 13)	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	221g	100g
Energy (kJ/kcal)	2856 / 683	1294 / 309
Fat (g)	40	18
Sat. Fat (g)	20	9
Carbohydrate (g)	60	27
Sugars (g)	13	6
Protein (g)	22	10
Salt (g)	3.04	1.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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You can recycle me!



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2



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Get Prepped

a) Preheat your oven to 200°C.

b) Halve the **chilli** lengthways, deseed then finely chop (see ingredients for amount).

c) Roughly chop the **parsley** (stalks and all).

d) Peel and grate the **garlic** (or use a garlic press). Pop it into a small bowl, along with the **olive oil for the garlic bread** (see ingredients for amount). Season with a little **salt**, mix well and set aside.

Make the Feta Marinade

a) In another small bowl, mix together the **olive oil for the feta** (see ingredients for amount), **chilli**, **honey** and **dried oregano**. **TIP:** If your honey has hardened, pop it in a bowl of hot water.

b) Place the **feta** in the centre of a large square of foil (one block on top of the other).

c) Pour the **marinade** over the **feta**, ensuring it is well coated. Scrunch up the foil to create a well-sealed **parcel**.

Finish and Serve

a) Pop the **feta parcel** onto one half of a baking tray and bake on the middle shelf of your oven until warm and softened, 25-30 mins.

b) When the **feta** has 5 mins left, pop the **flatbreads** onto the other half of the baking tray and drizzle over the **garlic oil**. Bake until golden, 3-4 mins. Remove from the oven and cut widthways into 2cm wide 'fingers'.

c) When ready, transfer the **baked feta** to a serving dish (keep it in the foil). Sprinkle over the **parsley** and serve with the **garlicky flatbread fingers** alongside for scooping.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.