



Honey, Chilli and Parsley Baked Feta with Garlicky Flatbread Dippers

Special Sides 40 Minutes • Mild Spice • Veggie

4A

Find all your unchilled Market items in bag A.



Red Chilli



Flat Leaf Parsley



Garlic Clove



Honey



Dried Oregano



Feta Cheese



Greek Style Flatbreads

Pantry Items
Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, bowl, aluminium foil and baking tray.

Ingredients

Ingredients	Quantity
Red Chilli**	½
Flat Leaf Parsley**	½ bunch
Garlic Clove**	2
Honey	30g
Dried Oregano	1 sachet
Feta Cheese** 7)	200g
Greek Style Flatbreads 13)	2

Pantry	Quantity
Olive Oil for the Garlic Bread*	2 tbsp
Olive Oil for the Feta*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	221g	100g
Energy (kJ/kcal)	2749 /657	1245 /298
Fat (g)	40.5	18.4
Sat. Fat (g)	20.6	9.3
Carbohydrate (g)	46.2	20.9
Sugars (g)	15.4	7.0
Protein (g)	26.2	11.9
Salt (g)	2.92	1.32

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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2



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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **chilli** lengthways, then set aside **half** the **chilli**. Deseed and finely chop the remaining **chilli**.
- Roughly chop **half** the **parsley** (stalks and all). **TIP:** Keep the remaining **chilli** and **parsley** for another recipe.
- 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 pantry for amount). Season with a little **salt**, mix well and set aside.

Make the Feta Marinade

- In another small bowl, mix together the **olive oil for the feta** (see pantry for amount), **chilli**, **honey** and **dried oregano**. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.
- Place the **feta** in the centre of a large square of aluminium foil.
- Pour the **honey and chilli marinade** over the **feta**, ensuring it is well coated. Scrunch the foil to create a well-sealed parcel.
- 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.

Finish and Serve

- When the **feta** has 5 mins left, remove the tray from the oven and pop the **flatbreads** onto the other half of the baking tray. Drizzle over the **garlic oil** and return to the oven until golden, 3-4 mins.
- Remove from the oven and cut the **flatbreads** widthways into 2cm wide 'fingers'.
- Transfer the **baked feta** to a serving dish.
- Sprinkle over the **parsley** and serve with the **garlicky flatbread dippers** alongside for scooping.

Enjoy!