

One Pan Baked Feta and Chickpeas

Serving suggestion: serve with some double cream yoghurt tsatsiki



INGREDIENTS

- 500 g Feta cheese, cut into a rectangular shape
- 2 cups chickpeas, drained
- 3 cups baby spinach, blanched
- ¼ cup onion, finely diced
- 2 tsp garlic, crushed
- 3 tbsp olive oil
- 1 tbsp cumin
- 1 tbsp paprika
- 1 tbsp mixed dried herbs
- 2 cups tomato puree
- salt and pepper for seasoning
- ½ cup cream cheese



METHOD

1. Preheat oven to 180°C.
2. In an oven proof casserole dish heat some olive oil.
3. Once the oil has heated sauté the onion till cooked and translucent .
4. Add the crushed garlic to the cooked onions and continue to sauté.
5. Season the garlic and onion with the cumin, paprika and dried herbs.
6. Pour the drained chickpeas and tomato pure into the casserole and stir well.
7. Reduce the heat and allow the chickpea and tomato stew to simmer for 5 minutes.
8. Then remove from the heat, top with the feta cheese, blanched baby spinach and add dollops of the cream cheese before baking.
9. Finish off by baking in the oven by baking for 15-20 min.



Nutrition Facts

Serving size: 300 g

Energy (kJ)	1773
Protein (g)	21
Total Carbohydrates (g)	12
Fat (g)	30
Fibre (g)	5
Calcium (mg)	525



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