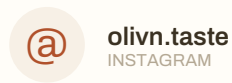


DINNER · VEGETARIAN · FARRO · FETA · ROASTED · MEDITERRANEAN

Baked Feta, Cherry Tomato & Farro



Nutty farro with burst cherry tomatoes, roasted zucchini and creamy baked feta, finished with lemon and herbs.

PREP
15 minCOOK
35 minSERVES
4LEVEL
Easy

Ingredients

14 ITEMS

 Pearled farro	300 g	 Mixed red and yellow cherry tomatoes	500 g
 Small zucchini	2	 Small red onion	1
 Garlic	4 clove	 Block feta	200 g
 Extra-virgin olive oil	4 tbsp	 Dried oregano	1 tsp
 Chilli flakes	0.25 tsp	 Fine sea salt	1 tsp
 Black pepper	0.5 tsp	 Lemon	1
 Fresh basil leaves	20 g	 Chopped flat-leaf parsley	2 tbsp

Method

6 STEPS

- 1 Heat the oven to 220°C conventional / 200°C fan. Put the cherry tomatoes, zucchini, red onion and garlic in a large roasting dish.
- 2 Nestle the feta in the middle. Drizzle everything with 3 tablespoons of the olive oil, then season with oregano, chilli flakes, half the salt and the black pepper. Roast for 25 to 30 minutes, until the tomatoes burst and the feta softens and browns at the edges.
- 3 Meanwhile, simmer the farro in well-salted water for 22 to 25 minutes, until tender but pleasantly chewy. Drain very well.
- 4 Squeeze the roasted garlic from its skins and mash it into the warm tomato juices with the remaining olive oil, the lemon zest and 1 tablespoon of lemon juice.

- 5 Add the drained farro to the roasting dish. Break the feta into large creamy pieces and fold everything together gently.
- 6 Finish with the basil, parsley and the remaining salt. Serve warm or at room temperature.